

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



FALL 2013

RECREATION AND PARKS PROGRAMS

SKATING &
HOCKEY

BASKETBALL

TENNIS

SWIM LESSONS

NATURE HIKES

MARTIAL ARTS

GARDENING

POTTERY

BOATING

PIANO LESSONS

⋮

and much more!

Miracle League Baseball



240-777-6821

**montgomerycountymd.gov/rec
m.SilverSpringDowntown.com**

**DOWNTOWN
SILVER SPRING
FROM ELLSWORTH DR.
TO SILVER SPRING AVE.**

**2013 MONTGOMERY COUNTY
THANKSGIVING
PARADE**

**SATURDAY, NOVEMBER 23
10:00 AM**



**EMCEE
BRIAN VAN DE GRAFF
ABC7/WJLA-TV Meteorologist**

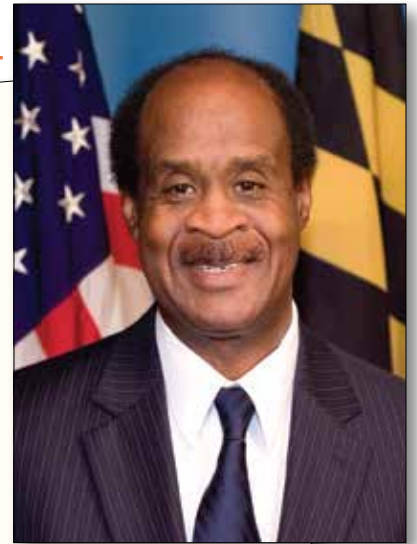


The Gazette

FROM THE COUNTY EXECUTIVE



Fall 2013



Dear Montgomery County Resident:

With the long, steamy days of summer drawing to a close and shorter, cooler days on the horizon, now is the perfect time to start making plans to enjoy the abundance of recreational activities that Montgomery County has to offer.

As we continue our Be Active Montgomery! campaign, I encourage you to take advantage of the many offerings you will find in the Fall 2013 Recreation and Parks Guide. Being involved in recreational activities is the perfect way to stay in shape and have fun. Whether your interest is a dance class, sport leagues, aquatics program or active senior programming you are sure to find something to keep you active and healthy.

If you have not had an opportunity to visit the newly renovated Plum Gar Community Recreation Center on Scenery Lane in Germantown, you will want to stop by and check it out. The center boasts a full-size gymnasium, social hall, and several community and activity rooms to ensure a good selection of diverse recreation programs and activities. I am very pleased that we have reopened this center and proud that it is the third recreation facility project that has been completed in the past three years.

As you enjoy the cooler temperatures you will want to mark your calendar for some special events and activities. On September 7 the Silver Spring Jazz Festival returns to Veterans Plaza with a full line-up of outstanding performers including headliner Branford Marsalis. The annual Thanksgiving Parade will kick off the holiday season on November 23, and don't forget to check out the autumn activities that our various community centers are hosting.

With so much being offered, I hope you can take advantage of some of these programs and activities. Best wishes for a great fall, and I look forward to seeing many of you at events around the County in coming months.

Sincerely,

Isiah Leggett,
County Executive

A look Inside...

Fall 2013
Recreation and Parks Programs



Montgomery County Recreation
4010 Randolph Rd., Silver Spring, MD 20902
240-777-6840
www.montgomerycountymd.gov/rec

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Active Adults
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Cooking
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Pooch Pool Party
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Registration For Summer
Classes Begins
August 19th

Swim Lesson
Registration will begin
August 21st



Arts and Crafts
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12 Ways
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Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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Be Active
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HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene ideas o sugerencias de algún otro tipo de programas, por favor llámenos al 240-777-6839.

Individuals with disabilities are encouraged to register for programs offered by Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of summer programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program (programs listed on pages 1 to 104), please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov. If you are registering for a Montgomery Parks program (listed on pages 105 to 151), please call Parks General Information at 301-495-2595.



Registration for many
Montgomery Parks
FALL classes opens
August 14/15

For Ice & Tennis fall dates,
please see p.117

Montgomery Parks

The Maryland-National Capital Park and Planning Commission
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | www.MontgomeryParks.org



Silver Spring

10th
Annual

JAZZ Festival

Featuring

**BRANFORD
MARSALIS**

September 7, 2013
4:30pm - 10:00pm

Veterans Plaza
Elkworth & Fenton

240-777-6821

montgomerycountymd.gov/rec
m.SilverSpringDowntown.com

FREE!

With

Marcus Johnson

The Noah Haidu
Quintet

National
Philharmonic
presents Songbook

Photo by Palma Kolansky



A photograph of two women walking two dogs (a Weimaraner and a Beagle) through a forest with fallen autumn leaves. The woman on the left is wearing a green and white striped sweater, a green scarf, and a tan beanie. The woman on the right is wearing a blue and white striped sweater, a blue beanie, and a white scarf. The dogs are on leashes. The background is a dense forest with yellow and orange leaves on the ground and trees.

12 Ways to have Fun this FALL

At the end of your leash?

Dog obedience classes teach various training techniques so you can train your dog the right way. Classes listed on page 78.

Grab the microphone and sing your favorite songs from a catalog of top hits.

It's Karaoke Night for Teens and Adults with disabilities. See page 108 for details.

LEGO®: Who knew learning could be so much fun!

Explore concepts in physics, architecture, mechanical and structural engineering. Class is listed on page 78.

Relax and enjoy the show! Join us for an afternoon of movie greats at the Schweinhaut Senior Center.

See movie listings on page 95.

Laugh, learn and achieve at Excel Beyond the Bell.

Activities include creative arts, recreational sports, and academic support. See page 98.

Train the power of the mind to influence the body...Aikiado.

Emphasis is on soft, gentle, but correct movements. See page 66.

Jump into cheerleading.

Enhance posture, coordination, flexibility and shake those pom poms! See page 81.

Pivot, turn and swoosh!

Instructional and competitive basketball league info starts on page 83.

BE A HERO!

Our lifeguarding classes offer Red Cross certification training. See page 22.

Create a musical beat....heel, toe, heel toe. Tap right to it.

Classes offered for kids and adults. See listings starting on page 47 and 51.

Walk through the Haunted Forest...

or come enjoy face painting, games, and costume contests at one of our Halloween happenings offered at various community centers. See Page 6.

Energize and warm up in Dynaerobics and Body Sculpting.

Join us for a choreographed, safe, high and low impact aerobics routine. Class is listed on page 61.

Just for the

10TH ANNUAL SILVER SPRING JAZZ FESTIVAL

September 7, 2013
4:30 to 10pm

Featuring
BRANFORD MARSALIS!

Veterans Plaza at the
Silver Spring Civic Building,
Ellsworth Dr. & Fenton St.

FREE!

Pooch Pool Party

Wheaton-Glenmont Pool
12621 Dalewood Drive
Wheaton, MD 20906

\$10.00

Saturday, September 7 • Course #364765
Sunday, September 8 • Course #364766
11:00am-3:00pm

16TH ANNUAL MONTGOMERY COUNTY THANKSGIVING PARADE

November 23, 2013
10:00am to noon

Starting at the
Silver Spring Civic Building
and traveling south on Georgia Avenue
to Silver Spring Avenue,
in downtown Silver Spring.

FREE!

Germantown OKTOBERFEST

SATURDAY, OCTOBER 5, 2013
10:00am-5:00pm

**FREE
ADMISSION!**

High Point Farm
23730 Frederick Road
Clarksburg, Maryland 20871
301-515-1589
GermantownOktoberfest.org

RECo@d



HALLOWEEN HAPPENINGS

HALLOWEEN EXTRAVAGANZA

East County
Community Recreation Center
October 26, 2013, 12:00pm-2:00pm
Grades K-5. Games, prizes, face painting,
costume contest, crafts, and more
Course# 345196. Call 240-777-8090

HALLOWEEN HAPPENING

Marilyn Praisner
Community Recreation Center
Friday, October 25, 2013, 6:30pm-8:30pm
For ages 12 and younger.
Games, crafts, DJ, dancing, tricks & treats are a
few of the activities planned. Come in costume
or as you are. We are asking for parents to donate
individually wrapped, unopened bags of candy.

FALL HARVEST FESTIVAL

Wheaton
Community Recreation Center
November 2, 2013 12:00pm to 2:30pm

HAUNTED FOREST

Damascus Community Recreation Center
www.montgomerycountymd.gov/rec
240-777-6840

\$13.00



Course #358909
Friday, 10/11 • 7:30-10:00pm
Course #358910
Saturday, 10/12 • 7:00-9:00pm
Course #358911
Friday, 10/18 • 7:30-10:00pm
Course #358912
Saturday, 10/19 • 7:00-9:00pm
Course #358913
Thursday, 10/24 • 7:00-9:00pm
Course #358914
Friday, 10/25 • 7:30-10:00pm
Course #358915
Saturday, 10/26 • 7:00-9:00pm

CLUB REC

Monday-Friday • 3:00-6:00pm • \$60/month

Damascus Community Recreation Center

25520 Oak Drive
Damascus, MD 20872

Grades K- 8

364745 September
364746 October
364747 November
364748 December
364749 January
364750 February
364751 March
364752 April
364753 May
364754 June

East County Community Recreation Center

310 Gateshead Manor Way
Silver Spring, MD 20904

Grades K- 8

364735 September
364736 October
364737 November
364738 December
364739 January
364740 February
364741 March
364742 April
364743 May
364744 June

Gwendolyn Coffield Community Recreation Center

2450 Lyttonville Road
Silver Spring, MD 20910

Grades K- 8

365535 October
365537 November
365538 January
365539 February
365540 March
365541 April
365542 May
365543 June

Long Branch Community Recreation Center

8700 Piney Branch Road
Silver Spring, MD 20901

Grades K- 5

364755 September
364756 October
364757 November
364758 December
364759 January
364760 February
364761 March
364762 April
364763 May
364764 June

Mid County Community Recreation Center

2004 Queensguard Road
Silver Spring, MD 20906

Grades K- 5

364411 September
364412 October
364413 November
364414 December
364416 January
364417 February
364418 March
364419 April
364420 May
364421 June

Marilyn J. Praisner Community Recreation Center

14906 Old Columbia Parkway
Burtonsville, MD 20866

Grades K - 5

364390 September
364391 October
364392 November
364393 December
364394 January
364395 February
364396 March
364397 April
364398 May
364399 June

Plum Gar Community Recreation Center

19561 Scenery Drive
Germantown, MD 20874

Grades K - 5

365548 September
365549 October
365550 November
365551 December
365552 January
365553 February
365554 March
365556 April
365557 May
365558 June

Upper County Community Recreation Center

8201 Emory Grove Road
Gaithersburg, MD 20877

Grades K- 8

364092 September
364093 October
364094 November
364095 December
364096 January
364097 February
364098 March
364101 April
364102 May
364103 June

White Oak Community Recreation Center

1700 April Lane
Silver Spring, MD 20904

Grades K - 5

364078 September
364079 October
364080 November
364081 December
364082 January
364083 February
364084 March
364085 April
364086 May
364087 June

**Homework Time, Sports & Games,
Arts & Crafts, Computer Access,*
Special Events And More!**

* East County, Long Branch and Mid-County Do Not Have Computer Access.

For more information, please contact the community centers listed above.
Visit montgomerycountymd.gov/rec to register.

Pooch Pool Party

\$10.00

Saturday, September 7 • Course #364765
Sunday, September 8 • Course #364766

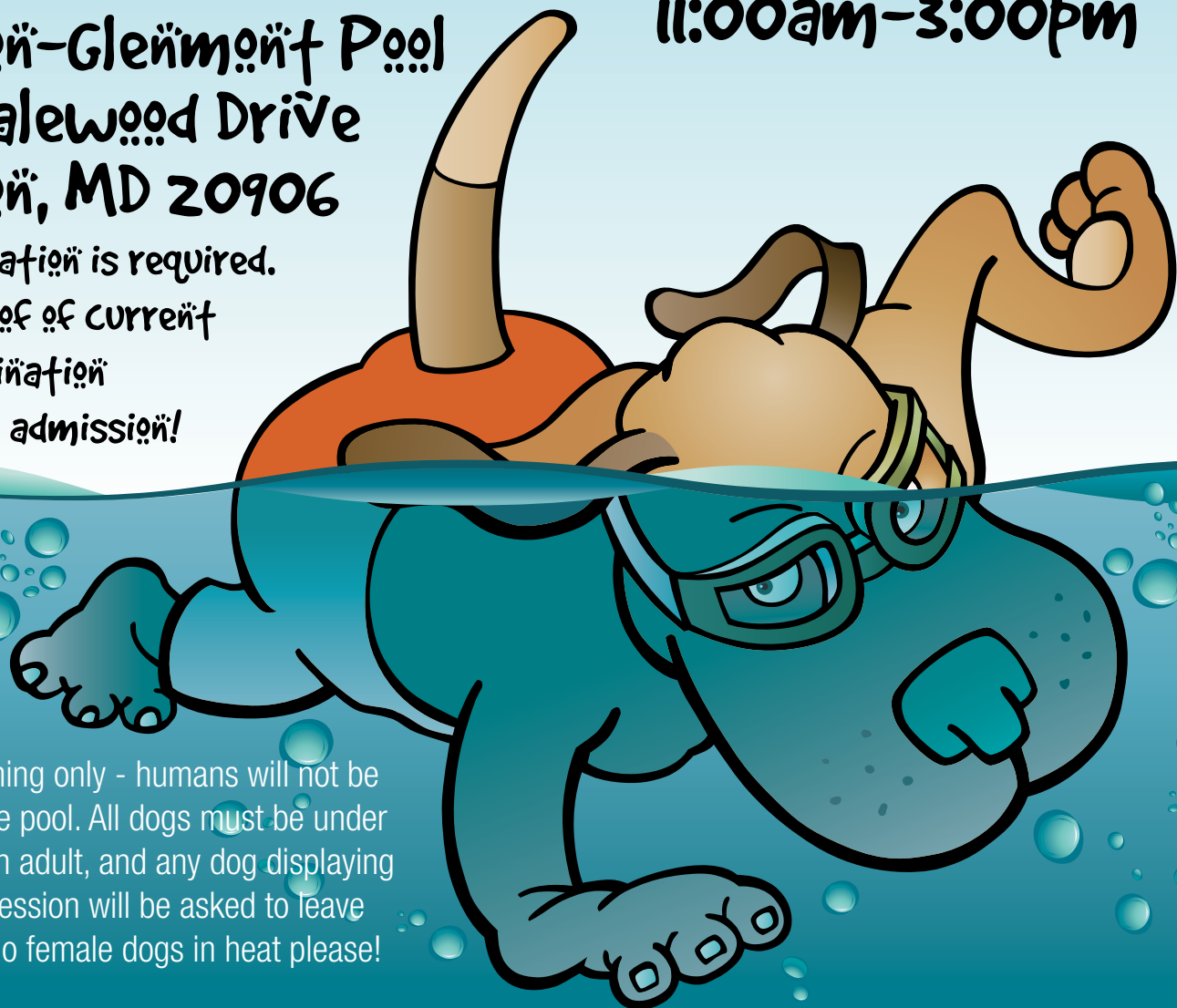
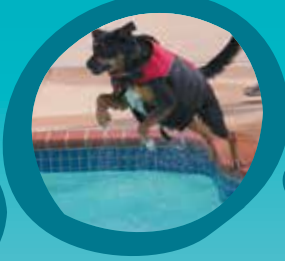
11:00am-3:00pm

Wheaton-Glenmont Pool
12621 Dalewood Drive
Wheaton, MD 20906

Pre-registration is required.

Written proof of current
rabies vaccination
required for admission!

Canine swimming only - humans will not be permitted in the pool. All dogs must be under the control of an adult, and any dog displaying signs of aggression will be asked to leave immediately. No female dogs in heat please!



Food & Beverage Vendors

Scarecrow Making

Pumpkin Painting

Children's Games

Wine Tasting

Music

Crafts

Exhibits

Biergarten

*A family-oriented festival,
featuring music,
rides and games.*



Germantown

FREE ADMISSION!

OKTOBERFEST

High Point Farm

23730 Frederick Road
Clarksburg, Maryland 20871

301-515-1589

GermantownOktoberfest.org

11:00am-12:30pm

12:30pm-1:00pm

1:00pm-5:00pm

Lola the Organ Grinder

Official Ceremonies

Welcome Committee Greeting

Presentation of Colors

Salute to Flag

Annual 5th District Police Awards

Heidi and Helmut Echo Band

Don't let the cooler weather get in the way of your being active!

Physical activity increases your chances of a longer life.
And that's not all. Being more active:

- Is fun
- Helps you look your best
- Improves your sleep
- Makes your bones, muscles, and joints stronger
- Lowers your chance of becoming depressed
- Reduces falls
- Helps you feel better about yourself



be active
montgomery!

montgomerycountymd.gov/rec • 240-777-6821
Hablamos Español 240-777-6839



At Veterans Plaza and The
Silver Spring Civic Building
(corner of Fenton and Ellsworth)

Sunday, September 29
12 - 5pm (rain or shine)

Silver Spring Mini Maker Faire®

Fun for the family. Make something new and experience the **creative energy** in our area. Celebrate **arts**, crafts, **science**, **technology**, engineering, **food**, **music** and performance art of all kinds. **And it's all FREE.**



Visit us at makerfaire.com/silverspring for more information.



Have An Affair With Recreation!

Planning a Party? Want that Wedding?
Ready for a Reception? Must have a Meeting?

Reserve one of Montgomery County's Community Recreation Centers.
Our Community Recreation Centers are located throughout
Montgomery County and many are situated in beautifully landscaped
locales that will enhance your event.

You will find them not only nearby and
convenient, but surprisingly affordable.

Your rental will include tables and
chairs, a caterer's kitchen(at select locations)
and ample free parking. Bring your
wedding planner, event planner, or
work directly with us. Come for a tour.

If you live in Montgomery County,
there is a Recreation Center near you.

Get started by visiting
montgomerycountymd.gov/rec or
call 240.777.4980.

*It's easy to have an affair with
Montgomery County Recreation...*

*just get in touch
and we'll make it happen.*





Aquatics

*Live a Little ...
Swim a Lot!*

INDOOR POOLS

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904

**Eunice Kennedy Shriver &
Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852

**Olney Indoor Swim Center
(OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd's, MD 20841

Indoor Pools Will Be Closed The Following Dates:

KSAC: 8/19/13 – 9/2/13 *opens on 9/3/13*
MLK: 8/11/13 – 8/25/13 *opens on 8/26/13*

GISC: 8/17/13 – 9/2/13 *opens on 9/3/13*
OSC: 8/11/13 – 8/25/13 *opens on 8/26/13*

Schedules and Facility descriptions are available online at montgomerycountymd.gov/rec

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair, Senior, or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

Swimming Instruction

Please check each pool's listing for lesson schedule changes, due to facility conflicts. Lessons will be held on all other days the facility is open. Please register accordingly.

Rentals-Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups.
Party Rooms are available for rent.
Contact the facility supervisor for available times and fees.

Website Info

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

WATER FITNESS CLASSES

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 172.

Instructors:

Wellness Network: Linda Costello

301-924-3488

wellnet1@aol.com

H2O Fitness: Peggy Brower

301-603-1328

browsers4@aol.com

Water Boot Camp

Are you ready for an X-Treme Workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because you work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in either shallow water or deep water (belt required).

14 Sessions				\$73
Instructor: Wellness Network, Inc.				
364005	Germantown ISC	9/10	Tu	10:30am-11:20am
364006	Germantown ISC	9/12	Th	10:30am-11:20am
363331	Olney Swm Ctr	9/13	F	1:30pm-2:20pm
364004	Germantown ISC	9/13	F	1:00pm-1:50pm
Deep Water				
365997	MLK Swm Ctr	9/13	F	7:00am-7:50am

Pre-Natal

The pool is where a pregnant woman wants to be! This fun (and challenging) aqua workout will tone your body by using the water for resistance training. Additional benefits: you're weightless when you're in the water (PRICELESS!), and water workouts help reduce swelling! A great class for Pre-Natal Moms.

14 sessions				\$82
Instructor: Peggy Brower				
365797	Germantown ISC	9/13	F	9:30am - 10:20 am

Aqua Mommy

This is a class designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Your child will be in the class with you. A great class for Pre-Natal Moms.

14 Sessions				\$82
Instructor: Peggy Brower				
363904	Germantown ISC	9/13	F	10:30am-11:20am

Abs & Glutes

Shallow water class with high energy packed with power that will sculpt your abs and glutes. Gloves are recommended and can be purchased at class.

14 Sessions				\$73
Instructor: Peggy Brower				
363905	MLK Swm Ctr	9/9	M	10:00am-10:50am
363906	MLK Swm Ctr	9/11	W	10:00am-10:50am

Aqua Cardio Challenge

This CO-ED class offers a vigorous workout giving you the cardio challenge you want. It meets in the shallow end of the pool where the water will be churning. It is a power packed class where you will build muscle, endurance and stamina.

13 Sessions				\$68
Instructor: Peggy Brower				
364013	MLK Swm Ctr	9/8	Su	5:00pm-6:00pm
14 Sessions				\$68
Instructor: Wellness Network, Inc.				
363313	Olney Swm Ctr	9/10	Tu	7:00pm-7:50pm

AquaZumba

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a Fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

13 Sessions				\$68
Instructor: Wellness Network, Inc.				
363314	Olney Swm Ctr	9/8	Su	9:00am-9:50am
14 Sessions				\$73
Instructor: Peggy Brower				
364007	Germantown ISC	9/9	M	9:30am-10:20am
364009	MLK Swm Ctr	9/10	Tu	9:30am-10:20am
364011	Germantown ISC	9/10	Tu	7:40pm-8:30pm
364010	MLK Swm Ctr	9/12	Th	9:30am-10:20am
364012	Germantown ISC	9/12	Th	7:30pm-8:20pm
364008	MLK Swm Ctr	9/13	F	7:00pm-7:50pm
Instructor: Wellness Network, Inc.				
363316	Olney Swm Ctr	9/9	M	8:00pm-8:50pm
363317	Olney Swm Ctr	9/9	M	1:30pm-2:20pm
363315	Olney Swm Ctr	9/11	W	8:00pm-8:50pm

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

14 Sessions				\$73
Instructor: Peggy Brower				
363907	MLK Swm Ctr	9/13	F	10:00am-10:50am

FIND US FAST ON
YOUR SMARTPHONE



Check out our
land fitness
classes too!

Held at

Aquatic Facilities

Body Sculpting pg. 60

Pilates pg. 59

Zumba pg. 55



Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

10 Sessions				\$52
Instructor: Wellness Network, Inc.				
363975	Germantown ISC	9/7	Sa	9:30am-10:20am
363327	Olney Swm Ctr	9/7	Sa	9:00am-9:50am
11 Sessions				\$57
Instructor: Peggy Brower				
363959	MLK Swm Ctr	9/7	Sa	9:00am-9:50am
14 Sessions				\$73
Instructor: Peggy Brower				
363958	MLK Swm Ctr	9/9	M	1:00pm-1:50pm
363974	Germantown ISC	9/9	M	10:30am-11:20am
363956	MLK Swm Ctr	9/10	Tu	7:30am-8:20am
363963	Kennedy Shriver Aq Ctr	9/10	Tu	10:00am-10:50am
363953	MLK Swm Ctr	9/11	W	1:00pm-1:50pm
363973	Germantown ISC	9/11	W	10:30am-11:20am
363957	MLK Swm Ctr	9/12	Th	7:30am-8:20am
363964	Kennedy Shriver Aq Ctr	9/12	Th	10:00am-10:50am
363962	Kennedy Shriver Aq Ctr	9/13	F	8:30am-9:20am
363960	MLK Swm Ctr	9/13	F	11:00am-11:50am
Instructor: Wellness Network, Inc.				
363967	Kennedy Shriver Aq Ctr	9/9	M	8:30am-9:20am
363323	Olney Swm Ctr	9/9	M	7:00pm-7:50pm
363969	Germantown ISC	9/9	M	7:40pm-8:30pm
363965	Kennedy Shriver Aq Ctr	9/10	Tu	7:30pm-8:20pm
363954	MLK Swm Ctr	9/10	Tu	7:00pm-7:50pm
363318	Olney Swm Ctr	9/10	Tu	8:30am-9:20am
364001	Olney Swm Ctr	9/10	Tu	8:00pm-8:50pm
363321	Olney Swm Ctr	9/10	Tu	10:30am-11:20am
363971	Germantown ISC	9/10	Tu	9:30am-10:20am
363961	Kennedy Shriver Aq Ctr	9/11	W	8:30am-9:20am
363324	Olney Swm Ctr	9/11	W	7:00pm-7:50pm
363325	Olney Swm Ctr	9/11	W	1:30pm-2:20pm
363970	Germantown ISC	9/11	W	8:30pm-9:20pm
363955	MLK Swm Ctr	9/12	Th	7:00pm-7:50pm
363966	Kennedy Shriver Aq Ctr	9/12	Th	7:30pm-8:20pm
363319	Olney Swm Ctr	9/12	Th	8:00pm-8:50pm
363320	Olney Swm Ctr	9/12	Th	8:30am-9:20am
363322	Olney Swm Ctr	9/12	Th	10:30am-11:20am
363972	Germantown ISC	9/12	Th	9:30am-10:20am
363326	Olney Swm Ctr	9/13	F	6:00pm-6:50pm

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

14 Sessions				\$73
Instructor: Peggy Bower				
363985	Kennedy Shriver Aq Ctr	9/10	Tu	8:30am-9:20am
363979	Kennedy Shriver Aq Ctr	9/12	Th	8:30am-9:20am
Instructor: Wellness Network, Inc.				
363982	Kennedy Shriver Aq Ctr	9/9	M	9:30am-10:20am
363984	Germantown ISC	9/9	M	8:30pm-9:20pm
363976	MLK Swm Ctr	9/10	Tu	8:00pm-8:50pm
363329	Olney Swm Ctr	9/10	Tu	9:30am-10:20am
363980	Kennedy Shriver Aq Ctr	9/11	W	9:30am-10:20am
363983	Germantown ISC	9/11	W	7:40pm-8:20pm
363977	MLK Swm Ctr	9/12	Th	8:00pm-8:50pm
363328	Olney Swm Ctr	9/12	Th	7:00pm-7:50pm
363330	Olney Swm Ctr	9/12	Th	9:30am-10:20am
363981	Kennedy Shriver Aq Ctr	9/13	F	9:30am-10:20am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

14 Sessions				\$73
Instructor: Wellness Network, Inc.				
363988	Kennedy Shriver Aq Ctr	9/9	M	11:00am-11:50am
363989	Kennedy Shriver Aq Ctr	9/11	W	11:00am-11:50am
363990	Kennedy Shriver Aq Ctr	9/13	F	11:00am-11:50am
363335	Olney Swm Ctr	9/9	M	10:00am-10:50am
363986	MLK Swm Ctr	9/10	Tu	10:30am-11:20am
363336	Olney Swm Ctr	9/11	W	10:00am-10:50am
363987	MLK Swm Ctr	9/12	Th	10:30am-11:20am
363337	Olney Swm Ctr	9/13	F	10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

14 Sessions				\$73
Instructor: Peggy Brower				
363991	MLK Swm Ctr	9/9	M	9:00am-9:50am
364000	Kennedy Shriver Aq Ctr	9/9	M	8:30pm-9:20pm
363997	Kennedy Shriver Aq Ctr	9/10	Tu	11:30am-12:20pm
363992	MLK Swm Ctr	9/11	W	9:00am-9:50am
363994	Germantown ISC	9/11	W	9:30am-10:20am
363998	Kennedy Shriver Aq Ctr	9/11	W	8:30pm-9:20pm
363999	Kennedy Shriver Aq Ctr	9/12	Th	11:30am-12:20pm
363993	MLK Swm Ctr	9/13	F	9:00am-9:50am
363995	Germantown ISC	9/13	F	9:30am-10:20am
Instructor: Wellness Network, Inc.				
363334	Olney Swm Ctr	9/9	M	9:00am-9:50am
363332	Olney Swm Ctr	9/11	W	9:00am-9:50am
363333	Olney Swm Ctr	9/13	F	9:00am-9:50am

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DIVING

Montgomery Dive Club (MDC) offers professional instruction in the olympic sport of diving at GISC, MLK, KSAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC. Additional fees will be charged for insurance and team meet fees. For further information visit montgomerydiveclub.org or email MDCBeavers@gmail.com.

Diving High School

Our High School group is perfect for divers interested in trying out for their High School Diving Team, or who want to improve their performance at Metro, Regional and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

361728	Kennedy Shriver Aq Ctr	9/9	M	8:00pm-9:30pm
361731	Germantown ISC	9/9	M	8:30pm-10:00pm
361732	Germantown ISC	9/11	W	8:30pm-10:00pm
361729	Kennedy Shriver Aq Ctr	9/12	Th	8:00pm-9:30pm
\$320				
361730	MLK Swm Ctr	9/13	F	7:00pm-9:00pm

Diving Springs Lessons

This 45 minute class is designed for absolute beginners, kids age 5-11, or kids who might benefit from a shorter class format. Most participants are age 6-10. Participants must be comfortable swimming in deep water. Additional fees include \$20.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$135

Instructor: Doug Beavers

361746	Olney Swm Ctr	9/9	M	5:00pm-5:45pm
361744	Germantown ISC	9/10	Tu	4:00pm-4:45pm
361745	Germantown ISC	9/10	Tu	4:45pm-5:30pm
361752	Kennedy Shriver Aq Ctr	9/10	Tu	4:15pm-5:00pm
361747	Olney Swm Ctr	9/11	W	5:00pm-5:45pm
361753	Kennedy Shriver Aq Ctr	9/11	W	4:15pm-5:00pm
361749	Germantown ISC	9/12	Th	4:00pm-4:45pm
361750	Germantown ISC	9/12	Th	4:45pm-5:30pm
361754	Kennedy Shriver Aq Ctr	9/12	Th	4:15pm-5:00pm
361748	MLK Swm Ctr	9/15	Su	10:30am-11:15am
361751	MLK Swm Ctr	9/15	Su	11:15am-12:00pm

Diving Masters

It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join the Rusty Springs! Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

361733	Kennedy Shriver Aq Ctr	9/9	M	8:00pm-9:30pm
361734	Kennedy Shriver Aq Ctr	9/12	Th	8:00pm-9:30pm

Diving Springs Team (Open)

This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with little kids. Additional fees include \$100.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

361756	Germantown ISC	9/9	M	4:00pm-5:30pm
361757	Kennedy Shriver Aq Ctr	9/9	M	5:00pm-6:30pm
361758	Kennedy Shriver Aq Ctr	9/9	M	6:30pm-8:00pm
361772	Olney Swm Ctr	9/9	M	5:45pm-7:15pm
361776	Germantown ISC	9/9	M	5:30pm-7:00pm
361783	MLK Swm Ctr	9/9	M	7:00pm-8:30pm
361759	Kennedy Shriver Aq Ctr	9/10	Tu	6:00pm-7:30pm
361760	Kennedy Shriver Aq Ctr	9/10	Tu	4:30pm-6:00pm
361762	Germantown ISC	9/10	Tu	5:30pm-7:00pm
361767	MLK Swm Ctr	9/10	Tu	5:30pm-7:00pm
361764	Germantown ISC	9/11	W	4:00pm-5:30pm
361769	Kennedy Shriver Aq Ctr	9/11	W	4:30pm-6:00pm
361773	Olney Swm Ctr	9/11	W	5:45pm-7:15pm
361779	Germantown ISC	9/11	W	5:30pm-7:00pm
361780	Kennedy Shriver Aq Ctr	9/11	W	6:00pm-7:30pm
361785	MLK Swm Ctr	9/11	W	7:00pm-8:30pm
361765	Kennedy Shriver Aq Ctr	9/12	Th	6:30pm-8:00pm
361768	MLK Swm Ctr	9/12	Th	5:30pm-7:00pm
361774	Kennedy Shriver Aq Ctr	9/12	Th	5:00pm-6:30pm
361781	Germantown ISC	9/12	Th	5:30pm-7:00pm
361766	Kennedy Shriver Aq Ctr	9/13	F	5:30pm-6:30pm
361770	Kennedy Shriver Aq Ctr	9/13	F	6:30pm-8:00pm
361782	Germantown ISC	9/13	F	4:00pm-5:30pm
361784	Germantown ISC	9/13	F	5:30pm-7:00pm
361771	MLK Swm Ctr	9/14	Sa	7:00pm-8:30pm
361761	Kennedy Shriver Aq Ctr	9/15	Su	8:30am-10:00am
361775	MLK Swm Ctr	9/15	Su	9:00am-10:30am

Human Springs Team - Homeschool Edition

These 90-minute classes are great for kids with experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with little kids. Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

365284	MLK Swm Ctr	9/9	M	1:00am-2:30pm
365285	MLK Swm Ctr	9/11	W	1:00am-2:30pm
365286	MLK Swm Ctr	x9/13	F	1:00am-2:30pm

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COMPETITIVE PROGRAMS

ROCKVILLE MONTGOMERY SWIM CLUB

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is the local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Fall/Winter session runs September 9th, 2013 to March 23rd, 2014.

Germantown Indoor Swim Center

For information contact Jonathan Smink at 240-777-6830 or Jon.Smink@montgomerycountymd.gov.

MINIS

361289	Fall/Winter	\$810
	Monday, Wednesday	5:15pm-6:00pm
	Friday	5:30pm-6:30pm
	Sunday	7:00am-8:00am

Recommended attendance: 2/week

JUNIORS

361291	Fall/Winter	\$830
	Monday	6:00pm-7:00pm
	Thursday, Friday	6:30pm-7:30pm
	Sunday	7:00am-8:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS-Coaches Invite Only

361292	Fall/Winter	\$1200
	Tuesday, Wednesday	6:00pm-7:30pm
	Thursday	5:00pm-6:30pm
	Friday	5:30pm-7:00pm
	Sunday	7:00am-8:30am

Minimum practices required: 3/week

SENIORS

361294	Fall/Winter	\$1200
	Monday	7:00pm-8:00pm
	Tuesday	4:45am-6:15am
	Tuesday	5:00pm-6:00pm
	Thursday, Friday	3:30pm-5:00pm
	Sunday	6:30am-8:00am

Recommended attendance: 3/week.

ADVANCED SENIORS-Coaches Invite Only

361295	Fall/Winter	\$1500
	Monday, Wednesday	3:30pm-6:15pm
	Tuesday, Thursday	4:45am-6:30am
	Tuesday	3:30pm-5:00pm
	Friday	3:30pm-5:30pm
	Saturday	5:30am-8:30am

Minimum practices required: 6/week.

NDG-Coaches Invite Only

361293	Fall/Winter	\$1500
	Monday, Wednesday	5:15pm-7:30pm
	Tuesday	5:30pm-7:30pm
	Wednesday	4:45am-6:30am
	Thursday	5:30pm-7:00pm
	Saturday	6:30am-10:00am

Minimum practices required: 5/week

NTG-Coaches Invite Only

361296	Fall/Winter	\$1850
	Monday, Wednesday, Friday	4:45am-6:30am
	Monday, Wednesday	3:30pm-6:00pm
	Tuesday, Thursday	3:30pm-6:30pm
	Friday	3:30pm-5:30pm
	Saturday	6:30am-10:00am

Minimum practices required: 7/week

Olney Swim Center

For information call Herb Poe at 240-777-4995 or herb.poe@montgomerycountymd.gov.

MINIS

361281	Fall/Winter	\$810
	Tuesday, Thursday, Friday	6:00pm-7:00pm

Recommended attendance: 2/week.

JUNIOR 1

361282	Fall/Winter	\$800
	Tuesday, Thursday	6:00pm-7:00pm
	Sunday	8:00am-9:00am

Recommended attendance: 2/week.

JUNIOR 2-Coaches Invite Only

361283	Fall/Winter	\$830
	Monday, Wednesday	6:00pm-7:00pm
	Friday	5:00pm-6:00pm
	Sunday	7:30am-8:30am

Minimum practices required: 3/week

ADVANCED JUNIORS-Coaches Invite Only

361284	Fall/Winter	\$1200
	Tuesday, Thursday, Friday	5:00pm-6:00pm
	Wednesday	5:00pm-7:00pm
	Sunday	7:30am-9:00am

Minimum practices required: 3/week.

SENIORS

361286	Fall/Winter	\$1200
	Tuesday, Wednesday, Friday	3:45pm-5:00pm
	Thursday	3:45pm-6:00pm
	Saturday	7:30am-9:00am

Recommended attendance: 3/week

ADVANCED SENIORS-Coaches Invite Only

361287	Fall/Winter	\$1500
	Mon., Tues., Weds., Thur.	4:00pm-6:00pm
	Tuesday, Thursday	4:45am-6:15am
	Friday	4:00pm-5:30pm
	Saturday	5:30am-7:30am

Minimum practices required: 6/week.

NDG-Coaches Invite Only

361285	Fall/Winter	\$1500
	Monday, Friday	5:00pm-7:00pm
	Tuesday, Thursday	4:30pm-7:00pm
	Sunday	7:00am-9:00am

Minimum practices required: 5/week.

NTG-Coaches Invite Only

361288	Fall/Winter	\$1850
	Monday, Wednesday, Friday	4:45am-6:15am
	Monday, Wednesday	3:45pm-7:00pm
	Tuesday, Thursday, Friday	3:45pm-6:00pm
	Saturday	6:00am-9:00am

Minimum practices required: 7/week.

Newcomer Evaluations

September 3 & 4, 2013

Germantown ISC &
Kennedy Shriver Aquatic Center

8 & Unders: 5:30pm-6:30pm

9-10 yr olds: 6:15pm-7:15pm

11-12 yr olds: 4:45pm-5:45pm

13 & Overs: 3:30pm-5:00pm
(September 4 ONLY)

Martin Luther King, Jr &
Olney Swim Center

8 & Unders: 6:30pm-7:00pm

9-10 yr olds: 5:45pm-6:30pm

11-12 yr olds: 5:00pm-5:45pm

13 & Overs: 4:00pm-5:00pm

Martin Luther King, Jr. Swim Center

For information contact Carey Apple at 240-777-8060 or
Carey.Apple@montgomerycountymd.gov.

MINIS

361273	Fall/Winter	\$810
	Monday	5:00pm-6:00pm
	Wednesday, Friday	4:30pm-5:30pm
Recommended attendance: 2/week.		

JUNIOR I

361274	Fall/Winter	\$800
	Tuesday, Thursday	5:00pm-6:00pm
	Sunday	8:30am-9:30am
Recommended attendance: 2/week.		

JUNIOR 2-Coaches Invite Only

361275	Fall/Winter	\$830
	Monday	6:00pm-7:00pm
	Wednesday	5:30pm-6:45pm
	Friday	5:30pm-6:30pm
	Sunday	8:15am-9:30am
Minimum practices required: 3/week		

ADVANCED JUNIORS-Coaches Invite Only

361276	Fall/Winter	\$1200
	Monday, Wednesday	5:30pm-7:00pm
	Friday	5:00pm-7:00pm
	Sunday	7:00am-9:00am
Minimum practices required: 3/week		

SENIORS

361278	Fall/Winter	\$1200
	Monday	5:30pm-7:00pm
	Tuesday, Thursday	3:30pm-5:00pm
	Wednesday	5:00pm-7:00pm
	Friday	3:30pm-4:30pm
	Saturday	7:30am-9:00am
Recommended attendance: 3/week.		

ADVANCED SENIORS-Coaches Invite Only

361279	Fall/Winter	\$1500
	Monday & Friday	4:45am-6:15am
	Mon., Tues., Thur.	3:30pm-6:00pm
	Wednesday	3:30pm-5:30pm
	Saturday	6:00am-8:30am
Minimum practices required: 6/week		
Required practices: Wednesday PM and Saturday AM.		

NDG-Coaches Invite Only

361277	Fall/Winter	\$1500
	Monday	4:00pm-6:30pm
	Tuesday, Thursday	4:15pm-7:00pm
	Wednesday	4:45am-6:00am
	Friday	4:00pm-5:30pm
	Sunday	6:00am-9:00am
Minimum practices required: 5/week		

NTG-Coaches Invite Only

361280	Fall/Winter	\$1850
	Monday, Wednesday, Friday	4:45am-6:15am
	Monday	3:45pm-6:45pm
	Tuesday, Thursday	4:30pm-7:00pm
	Wednesday	3:45pm-6:15pm
	Friday	3:45pm-5:30pm
	Saturday	6:00am-9:00am
Minimum practices required: 7/week.		
Required practices: Mon. PM and Tues., Thur., Fri., Sat. AM.		

Kennedy Shriver Aquatic Center

For information contact Christa Krukiel at 240-777-8070 or
Christa.Krukiel@montgomerycountymd.gov.

MINIS

361264	Fall/Winter	\$810
	Monday, Wednesday	6:00pm-6:45pm
	Tuesday, Thursday	5:00pm-6:00pm
Recommended attendance: 2/week.		

JUNIORS

361265	Fall/Winter	\$830
	Monday, Wednesday	5:00pm-6:00pm
	Friday	5:15pm-6:15pm
	Sunday	8:45am-10:00am
Recommended attendance: 2/week.		

ADVANCED JUNIORS-Coaches Invite Only

361266	Fall/Winter	\$1200
	Tuesday, Thursday	6:00pm-7:30pm
	Wednesday	6:15pm-7:30pm
	Friday	6:00pm-7:15pm
	Sunday	7:00am-9:00am
Minimum practices required: 3/week		

SENIOR TEAM (OPTION A)

361268	Fall/Winter	\$1200
	Monday	4:45am-6:15am
	Monday, Wednesday	3:30pm-5:00pm
	Friday	3:30pm-5:45pm
	Sunday	6:00am-8:00am
Recommended attendance: 3/week.		

SENIOR TEAM (OPTION B)

361269	Fall/Winter	\$1200
	Monday	4:45am-6:15am
	Tuesday, Thursday	3:30pm-5:00pm
	Friday	3:30pm-5:45pm
	Sunday	6:00am-8:00am
Recommended attendance: 3/week.		

SENIOR TEAM (OPTION C)

361270	Fall/Winter	\$1200
	Monday	4:45am-6:15am
	Monday, Wednesday	6:45pm-8:15pm
	Friday	3:30pm-5:45pm
	Sunday	6:00am-8:00am
Recommended attendance: 3/week.		

SENIOR TRAINING GROUP-Coaches Invite Only

362067	Fall/Winter	\$1400
	Monday, Thursday	4:45am-6:15am
	Monday, Wednesday	6:00pm-8:15pm
	Friday	3:45pm-5:15pm
	Sunday	6:00am-8:45am
Minimum practices required: 5/week. Required practice: Sunday.		

ADVANCED SENIORS-Coaches Invite Only

361271	Fall/Winter	\$1500
	Mon., Tues., Wed., Thur.	3:30pm-5:30pm
	Tuesday, Friday	4:45am-6:15am
	Sunday	6:00am-8:00am
Minimum practices required: 6/week. Required practice: Friday.		

NDG -Coaches Invite Only

361267	Fall/Winter	\$1500
	Monday	6:00pm-7:00pm
	Tues., Thur., Fri.	5:30pm-7:30pm
	Wednesday	4:45am-6:15am
	Saturday	5:30am-8:00am
Minimum practices required: 5/week.		

NTG -Coaches Invite Only

361272	Fall/Winter	\$1850
	Monday, Wednesday, Friday	4:45am-6:30am
	Mon., Tues., Thur., Fri.	3:00pm-6:00pm
	Wednesday	3:00pm-6:15pm
	Saturday	5:30am-8:00am
Minimum practices required: 7/week.		



MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters swimming competitions. Training is offered at MLK, KSAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

361167	1 day per week	9/8	\$95
361168	2 days per week	9/8	\$135
361169	3 days per week	9/8	\$175
361170	4 days per week	9/8	\$215
361171	5 days per week	9/8	\$255

Practice Schedule

GISC	M, W, F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
KSAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm

DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Fall swim team member.

iSwim Clinic

iSwim Clinic, lead by Dave Crocker, is not a learn to swim program. With stroke technique drills, workouts, and video taping, iSwim Clinic will track participant progress. This program is intended to enhance competitive training. This program will not meet for one Sunday which will be announced at the first session. For more information, contact iSwim Clinic at coachdave76@gmail.com.

11 Sessions	\$285
Instructor:	
364286 Kennedy Shriver Aq Ctr	9/14 Sa 4:00pm-5:00pm
364285 Olney Swm Ctr	9/15 Su 2:00pm-3:00pm

SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. At the Olney Swim Center, all participants and parents should attend the first class at 7:00pm. Students will be evaluated and assigned groups and start times. The group times at Olney are 7:00-7:45pm or 7:45-8:30pm.

\$200				
Instructor: Clinics MSTC				
363271	Olney Swm Ctr	9/9	M, W	7:00pm-8:30pm
Instructor: Clinics MSTC				
363274	MLK Swm Ctr	9/23	M, W	7:00pm-7:50pm
Instructor: Clinics MSTC				
363272	Germantown ISC	9/26	Th, Tu	7:30pm-8:20pm
363273	Kennedy Shriver Aq Ctr	9/26	Th, Tu	7:30pm-8:20pm

Montgomery Stroke & Turn Clinic

This information is for the 2013-2014 session. MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 20, 2013 and run to May 18, 2014. There will be no clinic on December 1, 22, & 29, February 2, April 13 & 20, and three other Sundays which will be announced at the first session. Registration began July 2, 2013.

22 Sessions	\$345
Instructor: Clinics MSTC	
358108 Kennedy Shriver Aq Ctr	10/20 Su 5:00pm-6:00pm
358109 Kennedy Shriver Aq Ctr	10/20 Su 6:00pm-7:00pm
358110 Kennedy Shriver Aq Ctr	10/20 Su 7:00pm-8:00pm
358111 Olney Swm Ctr	10/20 Su 5:00pm-6:00pm
358112 Olney Swm Ctr	10/20 Su 6:00pm-7:00pm
358113 Olney Swm Ctr	10/20 Su 7:00pm-8:00pm
358114 Germantown ISC	10/20 Su 6:00pm-7:00pm
358115 Germantown ISC	10/20 Su 7:00pm-8:00pm
358116 MLK Swm Ctr	10/20 Su 6:00pm-7:00pm
358117 MLK Swm Ctr	10/20 Su 7:00pm-8:00pm



SCUBA

Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the 'checkout dives' will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact the instructor for more information. For Olney, Germantown or KSAC, contact Scott at 301-610-4988 or Training@scubaadventure.org. For MLK (Silver Spring) contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions

\$250

Instructor: Scott Hagedorn

363591 Olney Swm Ctr 9/9 M 7:00pm-10:00pm

363691 Germantown ISC 9/10 Tu 7:00pm-10:00pm

Instructor: Joseph Lodmell

363692 MLK Swm Ctr 9/4 W 7:00pm-10:00pm

SAFETY TRAINING

POOL OPERATOR COURSE \$130

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCR - Office (Theatre)

Session	Date	Begins	Ends
Course 364287	September-2013		
Session 1	Saturday, Sept. 28	10:00am	4:00pm
Session 2	Sunday, Sept. 29	10:00am	4:00pm
Course 363031	December-2013		
Session 1	Thursday, Dec. 26	11:00am	5:00pm
Session 2	Friday, Dec. 27	11:00am	5:00pm
Course 363032	February-2014		
Session 1	Saturday, Jan. 25	10:00am	4:00pm
Session 2	Sunday, Jan. 26	10:00am	4:00pm
Course 363033	April-2014		
Session 1	Saturday, Mar. 1	10:00am	4:00pm
Session 2	Sunday, Mar. 2	10:00am	4:00pm
Course 363034	April-2014		
Session 1	Tuesday, Apr. 1	5:00pm	9:00pm
Session 2	Wednesday, Apr. 2	5:00pm	9:00pm
Session 3	Thursday, Apr. 3	5:00pm	9:00pm
Course 364288	May-2014		
Session 1	Saturday, May 10	10:00am	4:00pm
Session 2	Sunday, May 11	10:00am	4:00pm
Course 363037	June-2014		
Session 1	Tuesday, Jun. 17	5:00pm	9:00pm
Session 2	Wednesday, Jun. 18	5:00pm	9:00pm
Session 3	Thursday, Jun. 19	5:00pm	9:00pm
Course 363038	July-2014		
Session 1	Tuesday, July 8	10:00am	4:00pm
Session 2	Wednesday, July 9	10:00am	4:00pm

POOL OPERATOR REVIEW COURSE \$80

MCR - Office (Theatre)

Session	Date	Begins	Ends
Course 363041	September-2013		
Session 1	Saturday, Sept. 28	10:00am	2:00pm
Course 363042	December-2013		
Session 1	Thursday, Dec. 26	11:00am	3:00pm
Course 363035	January-2014		
Session 1	Saturday, Jan. 25	10:00am	2:00pm
Course 363043	March-2014		
Session 1	Saturday, Mar. 1	10:00am	2:00pm
Course 364289	April-2014		
Session 1	Tuesday, Apr. 1	5:00pm	9:00pm
Course 363039	May-2014		
Session 1	Saturday, May 10	10:00am	2:00pm
Course 364290	June-2014		
Session 1	Tuesday, June 17	5:00pm	9:00pm
Course 363040	July-2014		
Session 1	Tuesday, July 8	10:00am	2:00pm

LIFEGUARD TRAINING INSTRUCTOR \$295

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old. Additional fees will need to be paid directly to the Red Cross.

Germantown Indoor Swim Center

Session	Date	Begins	Ends
Course 362964	December-2013		
Session 1	Friday, December 20	6:00pm	10:00pm
Session 2	Sunday, December 22	9:00am	5:00pm
Session 3	Monday, December	6:00pm	10:00pm
Session 4	Thursday, December 26	6:00pm	10:00pm
Session 4	Friday, December 27	6:00pm	10:00pm
Session 5	Saturday, December 29	9:00am	5:00pm
Session 6	Monday, December 30	6:00pm	10:00pm





SAFETY TRAINING

MCR-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Lifeguard Training \$195

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check.

The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1min 40sec.

The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

BE A HERO!

OUR
LIFEGUARDING
CLASSES OFFER
THE TRAINING
YOU NEED TO
BECOME A
RED CROSS
CERTIFIED
LIFEGUARD.

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 1: Course 362720 October - 2013			
Pre-Course	Friday Oct. 4	7:30pm	9:00pm
Session 1	Sunday, Oct. 6	9:30am	12:30pm
Session 2	Sunday, Oct. 6	1:00pm	4:00pm
Session 3	Wednesday, Oct. 9	6:30pm	9:30pm
Session 4	Wednesday, Oct. 16	6:30pm	9:30pm
Session 5	Sunday, Oct. 20	9:30am	12:30pm
Session 6	Sunday, Oct. 20	1:00pm	4:00pm
Session 7	Wednesday, Oct. 23	6:30pm	9:30pm
Session 8	Sunday, Oct. 27	9:30am	12:30pm
Session 9	Wednesday, Oct. 30	6:30pm	9:30pm

LGT 2: Course 362721 January - 2014			
Pre-Course	Friday, Jan. 3	7:30pm	9:00pm
Session 1	Sunday, Jan. 5	9:30am	12:30pm
Session 2	Sunday, Jan. 5	1:00pm	4:00pm
Session 3	Wednesday, Jan. 8	6:30pm	9:30pm
Session 4	Sunday, Jan. 12	9:30am	12:30pm
Session 5	Sunday, Jan. 12	1:00pm	4:00pm
Session 6	Wednesday, Jan. 15	6:30pm	9:30pm
Session 7	Wednesday, Jan. 22	6:30pm	9:30pm
Session 8	Sunday, Jan. 26	9:30am	12:30pm
Session 9	Sunday, Jan. 26	1:00pm	4:00pm

LGT 3: Course 362722 February-2014			
Pre-Course	Friday, Feb. 14	7:30pm	9:00pm
Session 1	Sunday, Feb. 16	9:30am	12:30pm
Session 2	Sunday, Feb. 16	1:00pm	4:00pm
Session 3	Wednesday, Feb. 19	6:30pm	9:30pm
Session 4	Sunday, Feb. 23	9:30am	12:30pm
Session 5	Sunday, Feb. 23	1:00pm	4:00pm
Session 6	Wednesday, Feb. 26	6:30pm	9:30pm
Session 7	Sunday, Mar. 2	9:30am	12:30pm
Session 8	Sunday, Mar. 2	1:00pm	4:00pm
Session 9	Wednesday, Mar. 5	6:30pm	9:30pm
Session 10	Sunday, Mar. 9	9:30am	4:00pm

*Inclement weather make-up day

Session	Date	Begins	Ends
LGT 4: Course 362723 March-2014			
Pre-Course	Friday, Mar. 14	7:30pm	9:00pm
Session 1	Sunday, Mar. 16	9:30am	12:30pm
Session 2	Sunday, Mar. 16	1:00pm	4:00pm
Session 3	Wednesday, Mar. 19	6:30pm	9:30pm
Session 4	Wednesday, Mar. 26	6:30pm	9:30pm
Session 5	Sunday, Mar. 30	9:30am	12:30pm
Session 6	Sunday, Mar. 30	1:00pm	4:00pm
Session 7	Wednesday, Apr. 2	6:30pm	9:30pm
Session 8	Sunday, Apr. 6	9:30am	12:30pm
Session 9	Sunday, Apr. 6	1:00pm	4:00pm

LGT5: Course 362724 April - 2014			
MCPS - Spring Break			
Pre-Course	Friday, Apr. 11	7:30pm	9:00pm
Session 1	Sunday, Apr. 13	9:30am	12:30pm
Session 2	Sunday, Apr. 13	1:00pm	4:00pm
Session 3	Monday, Apr. 14	2:00pm	5:00pm
Session 4	Monday, Apr. 14	5:30pm	9:00pm
Session 5	Tuesday, Apr. 15	2:00pm	5:00pm
Session 6	Tuesday, Apr. 15	5:30pm	9:00pm
Session 7	Wednesday, Apr. 16	2:00pm	5:00pm
Session 8	Wednesday, Apr. 16	5:30pm	9:00pm
Session 9	Thursday, Apr. 17	6:00pm	9:00pm

LGT 6: Course 362725 June - 2014			
Pre-Course	Friday, June 13	7:30pm	9:00pm
Session 1	Sunday, June 15	9:30am	12:30pm
Session 2	Sunday, June 15	1:00pm	4:00pm
Session 3	Monday, June 16	2:00pm	5:00pm
Session 4	Monday, June 16	5:30pm	9:00pm
Session 5	Tuesday, June 17	2:00pm	5:00pm
Session 6	Tuesday, June 17	5:30pm	9:00pm
Session 7	Wednesday, June 18	2:00pm	5:00pm
Session 8	Wednesday, June 18	5:30pm	9:00pm
Session 9	Thursday, June 19	6:00pm	9:00pm

FIND US FAST ON
YOUR SMARTPHONE



Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 1: Course 363676 October-2013			
Pre-Course	Friday, Oct. 4	7:00pm	9:30pm
Session 1	Sunday, Oct. 6	9:00am	12:00pm
Session 2	Sunday, Oct. 6	1:00pm	5:00pm
Session 3	Wednesday, Oct. 9	6:30pm	9:30pm
Session 4	Sunday, Oct. 13	9:00am	12:00pm
Session 5	Sunday, Oct. 13	1:00pm	5:00pm
Session 6	Wednesday, Oct. 16	6:30pm	9:30pm
Session 7	Sunday, Oct. 20	9:00am	12:00pm
Session 8	Sunday, Oct. 20	1:00pm	5:00pm
Session 9	Wednesday, Oct. 23	6:30pm	9:30pm

LGT 2: Course 363681 December-2013			
Pre-Course	Friday, Dec. 20	7:00pm	9:30pm
Session 1	Monday Dec. 23	9:00am	12:00pm
Session 2	Monday Dec. 23	1:00pm	5:00pm
Session 3	Thursday Dec. 26	9:00am	12:00pm
Session 4	Thursday Dec. 26	1:00pm	5:00pm
Session 5	Friday Dec. 27	9:00am	12:00pm
Session 6	Friday Dec. 27	1:00pm	5:00pm
Session 7	Saturday Dec. 28	9:00am	12:00pm
Session 8	Saturday Dec. 28	1:00pm	5:00pm
Session 9	Sunday Dec. 30th	9:00am	12:00pm

LGT 3: Course 363677 January-2014			
Pre-Course	Friday Jan. 3	7:00pm	9:30pm
Session 1	Sunday Jan. 5	9:00am	12:00pm
Session 2	Sunday Jan. 5	1:00pm	5:00pm
Session 3	Wednesday Jan. 8	6:30pm	9:30pm
Session 4	Sunday Jan. 12	9:00am	12:00pm
Session 5	Sunday Jan. 12	1:00pm	5:00pm
Session 6	Wednesday Jan. 15	6:30pm	9:30pm
Session 7	Sunday Jan. 19	9:00am	12:00pm
Session 8	Sunday Jan. 19	1:00pm	5:00pm
Session 9	Wednesday Jan. 22	6:30pm	9:30pm

LGT 4: Course 363680 Feb. / Mar.-2014			
Pre-Course	Friday, Feb. 28	7:00pm	9:30pm
Session 1	Sunday, Mar. 2	9:00am	12:00pm
Session 2	Sunday, Mar. 2	1:00pm	5:00pm
Session 3	Wednesday, Mar. 5	6:30pm	9:30pm
Session 4	Friday, Mar. 7	6:30pm	9:30pm
Session 5	Sunday, Mar. 9	9:00am	12:00pm
Session 6	Sunday, Mar. 9	1:00pm	5:00pm
Session 7	Wednesday, Mar. 12	6:30pm	9:30pm
Session 8	Sunday, Mar. 16	9:00am	12:00pm
Session 9	Sunday, Mar. 16	1:00pm	5:00pm

Session	Date	Begins	Ends
LGT 5: Course 363678 April-2014			
MCPS - Spring Break			
Pre-Course	Friday, Apr. 11	7:00pm	9:30pm
Session 1	Saturday, Apr. 12	8:30am	12:00pm
Session 2	Saturday, Apr. 12	1:00pm	5:00pm
Session 3	Monday, Apr. 14	8:30am	12:00pm
Session 4	Monday, Apr. 14	1:00pm	5:00pm
Session 5	Wednesday, Apr. 16	8:30am	12:00pm
Session 6	Wednesday, Apr. 16	1:00pm	5:00pm
Session 7	Thursday, Apr. 17	8:30am	12:00pm
Session 8	Thursday, Apr. 17	1:00pm	5:00pm
Session 9	Friday, Apr. 18	8:30am	12:00pm

LGT 6: Course 363679 April-2014			
Pre-Course	Friday, Apr. 11	7:00pm	9:30pm
Session 1	Sunday, Apr. 13	9:00am	12:00pm
Session 2	Sunday, Apr. 13	1:00pm	5:00pm
Session 3	Monday, Apr. 14	5:00pm	9:30pm
Session 4	Wednesday, Apr. 16	5:00pm	9:30pm
Session 5	Thursday, Apr. 17	5:00pm	9:30pm
Session 6	Friday, Apr. 18	5:00pm	9:30pm
Session 7	Saturday, Apr. 19	9:00am	12:00pm
Session 8	Saturday, Apr. 19	1:00pm	3:00pm

LGT 7: Course 363682 June-2014			
Pre-Course	Thursday, Jun. 19	7:00pm	9:30pm
Session 1	Friday, Jun. 20	9:00am	12:00pm
Session 2	Friday, Jun. 20	1:00pm	5:00pm
Session 3	Monday, Jun. 23	9:00am	12:00pm
Session 4	Monday, Jun. 23	1:00pm	5:00pm
Session 5	Tuesday, Jun. 24	9:00am	12:00pm
Session 6	Tuesday, Jun. 24	1:00pm	5:00pm
Session 7	Wednesday, Jun. 25	9:00am	12:00pm
Session 8	Wednesday, Jun. 25	1:00pm	5:00pm
Session 9	Friday, Jun. 27	9:00am	12:00pm



Now Hiring

Part Time Staff!



Part time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 1: Course 362728 October-2013			
Pre-course	Monday, Oct 7	7:00pm	9:30pm
Session 1	Thursday, Oct 10	6:00pm	9:30pm
Session 2	Saturday, Oct 12	9:00am	1:00pm
Session 3	Monday, Oct 14	6:00pm	9:30pm
Session 4	Thursday, Oct 17	6:00pm	9:30pm
Session 5	Saturday, Oct 19	9:00am	1:00pm
Session 6	Monday, Oct 21	6:00pm	9:30pm
Session 7	Thursday, Oct 24	6:00pm	9:30pm
Session 8	Saturday, Oct 26	9:00am	1:00pm
Session 9	Monday, Oct 28	6:00pm	9:30pm

LGT 2: Course 363414 December- 2013			
MCPS Winter Break			
Pre-course	Friday, Dec 20	7:00pm	9:30pm
Session 1	Sunday, Dec 22	9:00am	12:00pm
Session 2	Sunday, Dec 22	12:30pm	4:00pm
Session 3	Monday, Dec 23	9:00am	12:00pm
Session 4	Monday, Dec 23	12:30pm	4:00pm
Session 5	Thursday, Dec 26	9:00am	12:00pm
Session 6	Thursday, Dec 26	12:30pm	4:00pm
Session 7	Friday, Dec 27	9:00am	12:00pm
Session 8	Friday, Dec 27	12:30pm	4:00pm
Session 9	Monday, Dec 30	9:00am	3:00pm

LGT 3: Course 362729 January 2014			
Pre-course	Thursday, Jan 9	7:00pm	9:30pm
Session 1	Sunday, Jan 12	9:00am	1:00pm
Session 2	Monday, Jan 13	6:00pm	9:30pm
Session 3	Thursday, Jan 16	6:00pm	9:30pm
Session 4	Sunday, Jan 19	9:00am	1:00pm
Session 5	Monday, Jan 20	6:00pm	9:30pm
Session 6	Thursday, Jan 23	6:00pm	9:30pm
Session 7	Sunday, Jan 26	9:00am	1:00pm
Session 8	Monday, Jan 27	6:00pm	9:30pm
Session 9	Thursday, Jan 30	6:00pm	9:30pm

Session	Date	Begins	Ends
LGT 4: Course 362730 Feb/Mar 2014			
Pre-course	Thursday, Feb 20	7:00pm	9:30pm
Session 1	Monday, Feb 24	6:00pm	9:30pm
Session 2	Thursday, Feb 27	6:00pm	9:30pm
Session 3	Sunday, Mar 2	9:00am	1:00pm
Session 4	Monday, Mar 3	6:00pm	9:30pm
Session 5	Thursday, Mar 6	6:00pm	9:30pm
Session 6	Sunday, Mar 9	9:00am	1:00pm
Session 7	Monday, Mar 10	6:00pm	9:30pm
Session 8	Thursday, Mar 13	6:00pm	9:30pm
Session 9	Sunday, Mar 16	9:00am	1:00pm

LGT 5: Course 362731 April 2014			
MCPS Spring Break			
Pre-course	Friday, Apr 11	7:00pm	9:30pm
Session 1	Monday, Apr 14	9:00am	12:00pm
Session 2	Monday, Apr 14	12:30pm	4:00pm
Session 3	Tuesday, Apr 15	9:00am	12:00pm
Session 4	Tuesday, Apr 15	12:30pm	4:00pm
Session 5	Wednesday, Apr 16	9:00am	12:00pm
Session 6	Wednesday, Apr 16	12:30pm	4:00pm
Session 7	Thursday, Apr 17	9:00am	12:00pm
Session 8	Thursday, Apr 17	12:30pm	4:00pm
Session 9	Friday, Apr 18	9:00am	3:00pm

LGT 6: Course 263734 June-2014			
Pre-course	Friday, Jun 13	7:00pm	9:30pm
Session 1/2	Saturday, Jun. 14	9:00am	1:00pm
Session 3/4	Monday, Jun. 16	4:30pm	9:00pm
Session 4/5	Tuesday, Jun 17	4:30pm	9:00pm
Session 5/6	Wednesday, Jun 18	4:30pm	9:00pm
Session 6/7	Thursday, Jun 19	4:30pm	9:00pm
Session 7/8	Friday, Jun 20	4:30pm	9:00pm
Session 9	Saturday, Jun 21	9:00am	1:00pm

4 Ways to Register!



RECWEB

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



FAX

240-777-6818. Processed in a secure environment.



MAIL

Registrar, Montgomery County Recreation
4010 Randolph Road, Silver Spring, MD 20902



WALK-IN

While you wait! Registrations will be processed at the following location:
Recreation Administration Building
4010 Randolph Road
Silver Spring, MD 20902

Olney Swim Center

Session	Date	Begins	Ends
LGT 1: Course 362736			
October-2013			
Pre-course	Wednesday, Oct. 2	6:30pm	9:00pm
Session 1	Sunday, Oct. 6	9:00am	12:30pm
Session 2	Sunday, Oct. 6	1:00pm	5:00pm
Session 3	Wednesday, Oct. 9	6:30pm	10:00pm
Session 4	Sunday, Oct. 13	9:00am	12:30pm
Session 5	Sunday, Oct. 13	1:00pm	5:00pm
Session 6	Wednesday, Oct. 16	6:30pm	10:00pm
Session 7	Sunday, Oct. 20	9:00am	12:30pm
Session 8	Sunday, Oct. 20	1:00pm	5:00pm
Session 9	Wednesday, Oct. 23	6:30pm	10:00pm
Session 10	Sunday, Oct. 27	9:00am	2:00pm

LGT 2: Course 362737			
January-2014			
Pre-course	Friday, Jan. 3	6:30pm	9:00pm
Session 1	Sunday, Jan. 5	9:00am	12:30pm
Session 2	Sunday, Jan. 5	1:00pm	5:00pm
Session 3	Wednesday, Jan. 8	6:30pm	10:00pm
Session 4	Sunday, Jan. 12	9:00am	12:30pm
Session 5	Sunday, Jan. 12	1:00pm	5:00pm
Session 6	Wednesday, Jan. 15	6:30pm	10:00pm
Session 7	Sunday, Jan. 19	9:00am	12:30pm
Session 8	Sunday, Jan. 19	1:00pm	5:00pm
Session 9	Wednesday, Jan. 22	6:30pm	10:00pm
Session 10	Sunday, Jan. 26	9:00am	2:00pm

LGT 3: Course 362738			
February-2014			
Pre-course	Sunday, Feb. 2	2:00pm	4:00pm
Session 1	Wednesday, Feb. 5	6:30pm	10:00pm
Session 2	Sunday, Feb. 9	8:00am	11:30am
Session 3	Sunday, Feb. 9	12:00pm	3:30pm
Session 4	Wednesday, Feb. 12	6:30pm	10:00pm
Session 5	Sunday, Feb. 16	8:00am	11:30am
Session 6	Sunday, Feb. 16	12:00pm	3:30pm
Session 7	Wednesday, Feb. 19	6:30pm	10:00pm
Session 8	Sunday, Feb. 23	8:00am	11:30am
Session 9	Sunday, Feb. 23	12:00pm	3:30pm
Session 10	Wednesday, Feb. 26	6:30pm	10:00pm



MLK Outdoor Pool

Session	Date	Begins	Ends
LGT 4: Course 362739			
March-2014			
Pre-course	Saturday, Mar. 1	4:00pm	6:30pm
Session 1	Wednesday, Mar. 5	6:30pm	10:00pm
Session 2	Friday, Mar. 7	6:30pm	10:00pm
Session 3	Wednesday, Mar. 12	6:30pm	10:00pm
Session 4	Saturday, Mar. 15	9:00am	12:30pm
Session 5	Saturday, Mar. 15	1:00pm	5:00pm
Session 6	Wednesday, Mar. 19	6:30pm	10:00pm
Session 7	Saturday, Mar. 22	9:00am	12:30pm
Session 8	Saturday, Mar. 22	1:00pm	5:00pm
Session 9	Wednesday, Mar. 26	6:30pm	10:00pm
Session 10	Saturday, Mar. 29	9:00am	2:00pm

LGT 5: Course 362740			
April-2014			
MCPS Spring Break			
Pre-course	Wednesday, Apr. 9	7:00pm	9:30pm
Session 1	Saturday, Apr. 12	9:00am	12:30pm
Session 2	Saturday, Apr. 12	1:00pm	5:00pm
Session 3	Sunday, Apr. 13	9:00am	12:30pm
Session 4	Sunday, Apr. 13	1:00pm	5:00pm
Session 5	Monday, Apr. 14	9:00am	12:30pm
Session 6	Monday, Apr. 14	1:00pm	5:00pm
Session 7	Tuesday Apr. 15	9:00am	12:30pm
Session 8	Tuesday Apr. 15	1:00pm	5:00pm
Session 9	Wednesday, Apr. 16	9:00am	12:30pm
Session 10	Wednesday, Apr. 16	1:00pm	5:00pm

LGT 6: Course 363803			
June-2014			
Pre-course	Wednesday, June 11	6:30pm	9:00pm
Session 1	Saturday, June 14	9:00am	12:30pm
Session 2	Saturday, June 14	1:00pm	5:00pm
Session 3	Sunday, June 15	9:00am	12:30pm
Session 4	Sunday, June 15	1:00pm	5:00pm
Session 5	Monday, June 16	9:00am	12:30pm
Session 6	Monday, June 16	1:00pm	5:00pm
Session 7	Tuesday, June 17	9:00am	12:30pm
Session 8	Tuesday, June 17	1:00pm	5:00pm
Session 9	Wednesday, June 18	9:00am	12:30pm
Session 10	Wednesday, June 18	1:00pm	5:00pm

LGT 7: Course 363804			
July-2014			
Pre-course	Wednesday, July 2	6:30pm	9:00pm
Session 1	Wednesday, July 9	6:30pm	10:00pm
Session 2	Friday, July 11	6:30pm	10:00pm
Session 3	Saturday, July 12	9:00am	12:30pm
Session 4	Saturday, July 12	1:00pm	5:00pm
Session 5	Sunday, July 13	9:00am	12:30pm
Session 6	Sunday, July 13	1:00pm	5:00pm
Session 7	Wednesday, July 16	6:30pm	10:00pm
Session 8	Friday, July 18	6:30pm	10:00pm
Session 9	Saturday, July 19	9:00am	12:30pm
Session 10	Saturday, July 19	1:00pm	5:00pm



LIFE GUARD



Swim Lessons

Indoor Swim Lesson
Registration Will Begin

August 21st
at 6:30am
for Residents

August 22nd at 6:30am
for Non-Residents

No registrations will be processed
before this time.

Indoor courses meet for six 30-minute sessions. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

WAYS TO REGISTER FOR SWIM LESSONS



RECWEB Online registration at recweb.montgomerycountymd.gov. Internet users must pay their account in full. Online registration is recommended. Please create your account by August 1, 2013.



WALK IN AT AQUATIC FACILITIES Registrations can be processed at any of our pools.

Please note the following:

Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas ONLY. At Some facilities, clear observation may not be possible. Observation at the MLK pool is not possible.

The fee covers only the lessons and no other use of the facility.

Participants may enter the locker rooms only 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

Withdrawal policies will be STRICTLY followed and applies to class transfers.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at montgomerycountymd.gov/rec

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN.

PLEASE REGISTER ACCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

(Ages 6 mo - 18 mo)

Aquatots(Ages 18 mo - 3yr)

Pre-School (Ages 3yr - 5yr)

Class Requirements:

On the first day of class, students must be able to:
Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained

Class Objectives:

Parent-assisted water orientation classes. Children will learn basic water adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Pre-Beginner (Ages 4-6)

Youth (Ages 7 - 13)

Adult(Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Function well in a group setting without parents since parents DO NOT accompany children.

Class Objectives:

Students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7 - 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Enter water, front and back float without support, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.

Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.

Level 3

Pre-Beginner (Ages 4-6)

Youth (Ages 7 - 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.
Parents DO NOT accompany children.

Class Objectives:

Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.

Level 4

Pre-Beginner (Ages 4-6)

Youth (Ages 7 - 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Class Objectives:

Students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards, and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.

Level 5

Youth (Ages 7 - 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Demonstrate a proficient front crawl(freestyle, backstroke, and be comfortable in deep water.

Class Objectives:

Students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

Class Objectives:

Level 6

Youth (Ages 7 - 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)

Class Objectives:

Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.



WATERBABIES

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

Germantown Indoor Swim Center

363624	9/15	Su	9:45am-10:15am
363622	9/21	Sa	10:25am-10:55am
363623	9/21	Sa	9:45am-10:15am

Kennedy Shriver Aquatic Center

361958	9/7	Sa	10:20am-10:50am
361959	9/7	Sa	11:40am-12:10pm
361960	9/8	Su	9:40am-10:10am
361961	9/8	Su	11:40am-12:10pm
361962	9/9	M	9:00am-9:30am
361963	9/12	Th	9:00am-9:30am
361968	10/21	M	9:00am-9:30am
361969	10/24	Th	9:00am-9:30am
361964	10/26	Sa	10:20am-10:50am
361965	10/26	Sa	11:40am-12:10pm
361966	10/27	Su	9:40am-10:10am
361967	10/27	Su	11:40am-12:10pm

Martin Luther King Swim Center

362985	9/7	Sa	11:40am-12:10pm
362986	9/10	Tu	9:30am-10:00am
362987	9/10	Tu	6:30pm-7:00pm
362989	10/22	Tu	9:30am-10:00am
362988	10/27	Su	10:00am-10:30am
362990	10/29	Tu	6:30pm-7:00pm

Olney Swim Center

363522	9/10	Tu	9:40am-10:10am
365646	9/10	Tu	5:15pm-5:45pm
363527	9/12	Th	5:15pm-5:45pm
363520	9/14	Sa	10:50am-11:20am
363521	9/15	Su	10:50am-11:20am
363523	10/26	Sa	10:50am-11:20am
363524	10/27	Su	10:50am-11:20am
363525	10/29	Tu	10:00am-10:30am
363575	10/29	Tu	10:15am-10:45am
363526	10/29	Tu	5:15pm-5:45pm
365900	10/30	W	7:35pm-8:05pm

AQUATOTS

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate rubber/vinyl pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

Germantown Indoor Swim Center

363164	9/15	Su	11:05am-11:35am
363165	9/15	Su	12:25pm-12:55pm
363166	9/18	W	6:10pm- 6:40pm
363162	9/21	Sa	11:45am-12:15pm
363163	9/21	Sa	12:25pm-12:55pm
363167	11/6	W	6:10pm- 6:40pm

Kennedy Shriver Aquatic Center

361806	9/7	Sa	9:00am-9:30am
361807	9/7	Sa	12:20pm-12:50pm
361808	9/8	Su	9:00am-9:30am
361809	9/8	Su	11:00am-11:30am
361810	9/9	M	10:00am-10:30am
361811	9/10	Tu	9:00am-9:30am
361812	9/10	Tu	10:00am-10:30am
361813	9/11	W	9:00am-9:30am
361814	9/11	W	6:10pm-6:40pm
361815	9/12	Th	10:00am-10:30am
365336	9/13	F	9:00am-9:30am
361821	10/21	M	10:00am-10:30am
361822	10/22	Tu	9:00am-9:30am
361823	10/22	Tu	10:00am-10:30am
361830	10/22	Tu	4:10pm-4:40pm
361824	10/23	W	9:00am-9:30am
361825	10/23	W	6:10pm-6:40pm
361826	10/24	Th	10:00am-10:30am
361827	10/24	Th	5:30pm-6:00pm
361817	10/25	F	9:00am-9:30am
361818	10/26	Sa	9:00am-9:30am
361819	10/26	Sa	12:20pm-12:50pm
361820	10/27	Su	11:00am-11:30am
361829	10/27	Su	9:00am-9:30am

FIND US FAST ON
YOUR SMARTPHONE**Martin Luther King Swim Center**

362872	9/7	Sa	10:15am-10:45am
362873	9/8	Su	10:00am-10:30am
362874	9/8	Su	11:20am-11:50am
362875	9/10	Tu	10:10am-10:40am
362876	9/11	W	6:30pm-7:00pm
362877	10/26	Sa	9:00am-9:30am
362878	10/26	Sa	11:40am-12:10pm
362882	10/26	Sa	11:00am-11:30am
362884	10/26	Sa	10:15am-10:45am
362879	10/27	Su	11:20am-11:50am
362883	10/28	M	5:10pm-5:40pm
362880	10/29	Tu	10:10am-10:40am
362881	10/30	W	6:30pm-7:00pm

Olney Swim Center

363347	9/9	M	6:20pm-6:50pm
363343	9/10	Tu	10:15am-10:45am
363344	9/10	Tu	5:55pm-6:25pm
365635	9/11	W	7:35pm-8:05pm
363345	9/12	Th	9:40am-10:10am
363346	9/12	Th	6:30pm-7:00pm
365634	9/14	Sa	9:00am-9:30am
363340	9/14	Sa	10:10am-10:40am
363341	9/14	Sa	11:30am-12:00pm
363342	9/15	Su	11:30am-12:00pm
363348	10/26	Sa	10:10am-10:40am
363349	10/27	Su	10:10am-10:40am
363350	10/27	Su	11:30am-12:00pm
363351	10/29	Tu	10:00am-10:30am
363352	10/29	Tu	5:55pm-6:25pm
363354	10/30	W	6:20pm-6:50pm
363353	10/31	Th	10:15am-10:45am

PRE-SCHOOL

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

363618	9/15	Su	10:25am-10:55am
363619	9/15	Su	11:45am-12:15pm
363620	9/18	W	5:30pm- 6:00pm
363616	9/21	Sa	11:05am-11:35am
363617	9/21	Sa	1:05pm- 1:35pm
363621	11/6	W	5:30pm- 6:00pm

Kennedy Shriver Aquatic Center

361944	9/7	Sa	11:00am-11:30am
361945	9/7	Sa	1:00pm-1:30pm
361946	9/8	Su	10:20am-10:50am
361947	9/8	Su	1:00pm-1:30pm
361948	9/10	Tu	3:30pm-4:00pm
361949	9/10	Tu	6:10pm-6:40pm
361950	9/12	Th	9:30am-10:00am
361955	10/22	Tu	3:30pm-4:00pm
361956	10/22	Tu	6:10pm-6:40pm
361957	10/24	Th	9:30am-10:00am
361951	10/26	Sa	11:00am-11:30am
361952	10/26	Sa	1:00pm-1:30pm
361953	10/27	Su	10:20am-10:50am
361954	10/27	Su	1:00pm-1:30pm

Martin Luther King Swim Center

362972	9/7	Sa	1:00pm-1:30pm
362982	9/7	Sa	9:40am-10:10am
362973	9/8	Su	12:00pm-12:30pm
362983	9/8	Su	9:15am-9:45am
362974	9/9	M	5:50pm-6:20pm
362975	9/12	Th	10:10am-10:40am
362976	9/12	Th	6:30pm-7:00pm
362977	10/26	Sa	1:00pm-1:30pm
362984	10/26	Sa	9:40am-10:10am
362978	10/27	Su	12:00pm-12:30pm
362979	10/28	M	5:50pm-6:20pm
362980	10/31	Th	10:10am-10:40am
362981	10/31	Th	6:30pm-7:00pm

Olney Swim Center

365644	9/9	M	7:35pm-8:05pm
363508	9/10	Tu	6:30pm-7:00pm
363519	9/11	W	6:20pm-6:50pm
363509	9/12	Th	10:15am-10:45am
363510	9/12	Th	5:55pm-6:25pm
363504	9/14	Sa	9:30am-10:00am
363505	9/14	Sa	12:50pm-1:20pm
363506	9/15	Su	9:30am-10:00am
363507	9/15	Su	10:10am-10:40am
363511	10/26	Sa	9:30am-10:00am
363512	10/26	Sa	11:30am-12:00pm
363513	10/27	Su	9:30am-10:00am
363517	10/28	M	6:20pm-6:50pm
363514	10/29	Tu	6:30pm-7:00pm
363515	10/31	Th	10:00am-10:30am
363516	10/31	Th	5:55pm-6:25pm



PRE-BEGINNER LEVEL 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions

\$59

Germantown Indoor Swim Center

363173	9/15	Su	10:25am-10:55am
363174	9/15	Su	9:45am-10:15am
363175	9/15	Su	11:45am-12:15pm
363176	9/15	Su	12:25pm-12:55pm
363177	9/15	Su	11:05am-11:35am
363179	9/18	W	5:30pm- 6:00pm
363168	9/21	Sa	10:25am-10:55am
363169	9/21	Sa	11:05am-11:35am
363170	9/21	Sa	11:45am-12:15pm
363171	9/21	Sa	12:25pm-12:55pm
363172	9/21	Sa	1:05pm- 1:35pm
363178	9/23	M	5:30pm- 6:00pm
363180	9/24	Tu, Th	5:40pm- 6:10pm
363181	9/24	Tu, Th	5:40pm- 6:10pm
363182	9/24	Tu, Th	5:40pm- 6:10pm
363183	10/22	Tu, Th	6:20pm- 6:50pm
363184	10/22	Tu, Th	6:20pm- 6:50pm
363185	10/22	Tu, Th	5:00pm- 5:30pm
363187	11/6	W	5:30pm- 6:00pm
363186	11/11	M	5:30pm- 6:00pm
363188	11/19	Tu, Th	5:40pm- 6:10pm
363189	11/19	Tu, Th	5:40pm- 6:10pm
363190	11/19	Tu, Th	5:40pm- 6:10pm

Kennedy Shriver Aquatic Center

361839	9/7	Sa	9:00am-9:30am
361840	9/7	Sa	9:40am-10:10am
361841	9/7	Sa	10:20am-10:50am
361842	9/7	Sa	1:00pm-1:30pm
361843	9/8	Su	9:00am-9:30am
361844	9/8	Su	10:20am-10:50am
361845	9/8	Su	12:20pm-12:50pm
361846	9/8	Su	1:00pm-1:30pm
361847	9/9	M	9:30am-10:00am
361848	9/9	M	6:10pm-6:40pm
361850	9/10	Tu	6:10pm-6:40pm
361851	9/10	Tu	4:50pm-5:20pm
361853	9/11	W	9:30am-10:00am
361866	9/12	Th	10:30am-11:00am
361852	9/12	Th	3:30pm-4:00pm
361854	9/12	Th	5:30pm-6:00pm
361855	9/13	F	10:00am-10:30am
361864	10/21	M	9:30am-10:00am
361865	10/21	M	6:10pm-6:40pm
361867	10/22	Tu	6:10pm-6:40pm
361868	10/22	Tu	4:50pm-5:20pm
361870	10/23	W	9:30am-10:00am
361869	10/24	Th	3:30pm-4:00pm
361871	10/24	Th	5:30pm-6:00pm
361873	10/24	Th	10:30am-11:00am
361872	10/25	F	10:00am-10:30am
361856	10/26	Sa	9:00am-9:30am
361857	10/26	Sa	9:40am-10:10am
361858	10/26	Sa	10:20am-10:50am
361859	10/26	Sa	1:00pm-1:30pm
361860	10/27	Su	9:00am-9:30am
361861	10/27	Su	10:20am-10:50am
361862	10/27	Su	12:20pm-12:50pm
361863	10/27	Su	1:00pm-1:30pm

Martin Luther King Swim Center

362885	9/7	Sa	11:00am-11:30am
362886	9/7	Sa	12:20pm-12:50pm
362887	9/7	Sa	1:00pm-1:30pm
362890	9/7	Sa	9:00am-9:30am
362897	9/7	Sa	9:40am-10:10am
362888	9/8	Su	10:40am-11:10am
362889	9/8	Su	12:00pm-12:30pm
362898	9/8	Su	9:15am-9:45am
362891	9/9	M	5:10pm-5:40pm
362892	9/9	M	6:30pm-7:00pm
362893	9/10	Tu	5:10pm-5:40pm
362894	9/11	W	5:10pm-5:40pm
362895	9/12	Th	9:30am-10:00am
362896	9/12	Th	5:50pm-6:20pm
362907	9/12	Th	5:10pm-5:40pm
362901	10/26	Sa	9:40am-10:10am
362903	10/26	Sa	11:40am-12:10pm
362908	10/26	Sa	9:00am-9:30am
362909	10/26	Sa	12:20pm-12:50pm
362912	10/26	Sa	1:00pm-1:30pm
362913	10/26	Sa	11:00am-11:30am
362899	10/27	Su	10:40am-11:10am
362900	10/27	Su	12:00pm-12:30pm
362911	10/27	Su	9:15am-9:45am
362902	10/28	M	6:30pm-7:00pm
362906	10/29	Tu	5:10pm-5:40pm
362904	10/30	W	5:50pm-6:20pm
362910	10/30	W	5:10pm-5:40pm
362905	10/31	Th	5:10pm-5:40pm

Olney Swim Center

363394	9/9	M	6:20pm-6:50pm
363395	9/9	M	6:20pm-6:50pm
363396	9/9	M	7:00pm-7:30pm
365638	9/10	Tu	5:15pm-5:45pm
363390	9/10	Tu	5:55pm-6:25pm
363391	9/10	Tu	6:30pm-7:00pm
363420	9/11	W	7:00pm-7:30pm
363422	9/11	W	6:20pm-6:50pm
363423	9/11	W	6:20pm-6:50pm
365636	9/11	W	7:35pm-8:05pm
365637	9/12	Th	5:55pm-6:25pm
363392	9/12	Th	5:55pm-6:25pm
363393	9/12	Th	6:30pm-7:00pm
363374	9/14	Sa	9:30am-10:00am
363375	9/14	Sa	10:10am-10:40am
363376	9/14	Sa	10:50am-11:20am
363377	9/14	Sa	11:30am-12:00pm
363378	9/14	Sa	11:30am-12:00pm
363379	9/14	Sa	12:10pm-12:40pm
363380	9/14	Sa	12:10pm-12:40pm
363381	9/14	Sa	12:50pm-1:20pm
363383	9/15	Su	9:30am-10:00am
363384	9/15	Su	9:30am-10:00am
363385	9/15	Su	10:10am-10:40am
363386	9/15	Su	10:50am-11:20am
363387	9/15	Su	10:50am-11:20am
363388	9/15	Su	11:30am-12:00pm
363389	9/15	Su	11:30am-12:00pm
363397	10/26	Sa	9:30am-10:00am
363398	10/26	Sa	10:10am-10:40am
363399	10/26	Sa	10:50am-11:20am
363400	10/26	Sa	10:50am-11:20am
363401	10/26	Sa	11:30am-12:00pm
363402	10/26	Sa	12:10pm-12:40pm
363403	10/26	Sa	12:50pm-1:20am
363404	10/26	Sa	12:50pm-1:20pm
363405	10/27	Su	9:30am-10:00am
363406	10/27	Su	10:10am-10:40am
363407	10/27	Su	10:10am-10:40am
363408	10/27	Su	10:50am-11:20am
363409	10/27	Su	10:50am-11:20am
363410	10/27	Su	11:30am-12:00pm
363411	10/27	Su	11:30am-12:00pm
363421	10/28	M	6:20pm-6:50pm
365848	10/28	M	7:35pm-8:05pm
363412	10/29	Tu	5:55pm-6:25pm
363413	10/29	Tu	5:55pm-6:25pm
363415	10/29	Tu	6:30pm-7:00pm
363425	10/29	Tu	5:15pm-5:45pm
363424	10/30	W	6:20pm-6:50pm
365899	10/30	W	7:35pm-8:05pm
363416	10/31	Th	5:55pm-6:25pm
363417	10/31	Th	5:55pm-6:25pm
363418	10/31	Th	6:30pm-7:00pm
363419	10/31	Th	6:30pm-7:00pm
363426	10/31	Th	5:15pm-5:45pm

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team! Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902



PRE-BEGINNER LEVEL 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 6 students.

6 Sessions \$57

Germantown Indoor Swim Center

363196	9/15	Su	9:45am-10:15am
363197	9/15	Su	10:25am-10:55am
363198	9/15	Su	11:45am-12:15pm
363199	9/15	Su	12:25pm-12:55pm
363201	9/18	W	6:10pm- 6:40pm
363191	9/21	Sa	9:45am-10:15am
363192	9/21	Sa	10:25am-10:55am
363193	9/21	Sa	11:05am-11:35am
363194	9/21	Sa	11:45am-12:15pm
363195	9/21	Sa	1:05pm- 1:35pm
363200	9/23	M	6:10pm- 6:40pm
363202	9/24	Tu, Th	6:20pm- 6:50pm
363203	9/24	Tu, Th	6:20pm- 6:50pm
363204	9/24	Tu, Th	6:20pm- 6:50pm
363205	10/22	Tu, Th	5:00pm- 5:30pm
363206	10/22	Tu, Th	5:00pm- 5:30pm
363207	10/22	Tu, Th	5:40pm- 6:10pm
363209	11/6	W	6:10pm- 6:40pm
363208	11/11	M	6:10pm- 6:40pm
363210	11/19	Tu, Th	6:20pm- 6:50pm
363211	11/19	Tu, Th	6:20pm- 6:50pm
363212	11/19	Tu, Th	6:20pm- 6:50pm

Kennedy Shriver Aquatic Center

361874	9/7	Sa	9:00am-9:30am
361875	9/7	Sa	9:40am-10:10am
361876	9/7	Sa	11:40am-12:10pm
361877	9/7	Sa	12:20pm-12:50pm
361878	9/8	Su	9:00am-9:30am
361879	9/8	Su	9:40am-10:10am
361880	9/8	Su	11:40am-12:10pm
361881	9/8	Su	12:20pm-12:50pm
361886	9/8	Su	9:00am-9:30am
361882	9/9	M	5:30pm-6:00pm
361883	9/10	Tu	9:30am-10:00am
361884	9/10	Tu	5:30pm-6:00pm
361885	9/11	W	5:30pm-6:00pm
361888	9/12	Th	4:10pm-4:40pm
361887	9/13	F	9:30am-10:00am
361897	10/21	M	5:30pm-6:00pm
361898	10/22	Tu	9:30am-10:00am
361899	10/22	Tu	5:30pm-6:00pm
361900	10/23	W	5:30pm-6:00pm
361903	10/24	Th	4:10pm-4:40pm
361902	10/25	F	9:30am-10:00am
361889	10/26	Sa	9:00am-9:30am
361890	10/26	Sa	9:40am-10:10am
361891	10/26	Sa	11:40am-12:10pm
361892	10/26	Sa	12:20pm-12:50pm
361893	10/27	Su	9:00am-9:30am
361894	10/27	Su	9:40am-10:10am
361895	10/27	Su	11:40am-12:10pm
361896	10/27	Su	12:20pm-12:50pm



Do We Have Your E-Mail?

In an effort to reduce waste, MCR will no longer be mailing flyers or receipts. We will be happy to send you the most up-to-date information via e-mail. Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website at montgomerycountymd.gov/rec for more information.

Martin Luther King Swim Center

3362914	9/7	Sa	10:15am-10:45am
362915	9/7	Sa	11:00am-11:30am
362916	9/7	Sa	11:40am-12:10pm
362917	9/7	Sa	12:20pm-12:50pm
362922	9/7	Sa	9:00am-9:30am
362919	9/8	Su	10:00am-10:30am
362920	9/8	Su	12:00pm-12:30pm
362921	9/9	M	6:30pm-7:00pm
362923	9/10	Tu	5:50pm-6:20pm
362924	9/10	Tu	6:30pm-7:00pm
362925	9/11	W	5:50pm-6:20pm
362942	9/11	W	5:10pm-5:40pm
362926	9/12	Th	5:10pm-5:40pm
362927	9/12	Th	6:30pm-7:00pm
362929	10/26	Sa	11:40am-12:10pm
362937	10/26	Sa	10:15am-10:45am
362940	10/26	Sa	1:00pm-1:30pm
362941	10/26	Sa	9:40am-10:10am
362943	10/26	Sa	9:00am-9:30am
362944	10/26	Sa	9:40am-10:10am
362930	10/27	Su	10:00am-10:30am
362931	10/27	Su	11:20am-11:50am
362932	10/27	Su	12:00pm-12:30pm
362946	10/27	Su	9:15am-9:45am
362933	10/28	M	5:10pm-5:40pm
362934	10/28	M	6:30pm-7:00pm
362936	10/29	Tu	6:30pm-7:00pm
362935	10/30	W	5:50pm-6:20pm
362938	10/31	Th	9:30am-10:00am
362939	10/31	Th	5:50pm-6:20pm
362945	10/31	Th	5:10pm-5:40pm

Olney Swim Center

363442	9/9	M	6:20pm-6:50pm
363443	9/9	M	6:20pm-6:50pm
363444	9/9	M	7:00pm-7:30pm
365839	9/9	M	7:35pm-8:05pm
363438	9/10	Tu	5:55pm-6:25pm
363439	9/10	Tu	6:30pm-7:00pm
363467	9/10	Tu	5:15pm-5:45pm
363471	9/11	W	6:20pm-6:50pm
363472	9/11	W	6:20pm-6:50pm
363473	9/11	W	7:00pm-7:30pm
363440	9/12	Th	5:55pm-6:25pm
363441	9/12	Th	6:30pm-7:00pm
363427	9/14	Sa	9:30am-10:00am
363428	9/14	Sa	10:10am-10:40am
363429	9/14	Sa	10:50am-11:20am
363430	9/14	Sa	11:30am-12:00pm
363431	9/14	Sa	12:50pm-1:20pm
363432	9/14	Sa	12:50pm-1:20pm
363433	9/15	Su	9:30am-10:00am
363434	9/15	Su	10:10am-10:40am
363435	9/15	Su	10:50am-11:20am
363436	9/15	Su	11:30am-12:00pm
363437	9/15	Su	11:30am-12:00pm
363445	10/26	Sa	9:30am-10:00am
363446	10/26	Sa	10:10am-10:40am
363447	10/26	Sa	11:30am-12:00pm
363448	10/26	Sa	12:10pm-12:40pm
363449	10/26	Sa	12:50pm-1:20pm
363450	10/26	Sa	12:50pm-1:20pm
363451	10/27	Su	9:30am-10:00am
363452	10/27	Su, Sa	10:10am-10:40am
363453	10/27	Su	10:10am-10:40am
363454	10/27	Su, Sa	10:50am-11:20am
363455	10/27	Su	11:30am-12:00pm
363456	10/27	Su	11:30am-12:00pm
363466	10/28	M	6:20pm-6:50pm
363470	10/28	M	7:00pm-7:30pm
363457	10/29	Tu	5:55pm-6:25pm
363458	10/29	Tu	6:30pm-7:00pm
363469	10/29	Tu	5:15pm-5:45pm
363474	10/30	W	6:20pm-6:50pm
363476	10/30	W	7:00pm-7:30pm
363459	10/31	Th	5:55pm-6:25pm
363465	10/31	Th	6:30pm-7:00pm
363475	10/31	Th	5:15pm-5:45pm

*The end of
summer
doesn't
mean the
end of
swimming!*

*Register
your child
for Fall
swimming
classes to
keep the
fun going!*



If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used.
Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.
To learn more about FOR, call 240-777-4920 or check our web page at montgomerycountymd.gov/rec.



PRE-BEGINNER LEVEL 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions

\$57

Germantown Indoor Swim Center

363596	9/15	Su	10:25am-10:55am
363597	9/15	Su	11:05am-11:35am
363598	9/15	Su	11:45am-12:15pm
363593	9/21	Sa	9:45am-10:15am
363594	9/21	Sa	12:25pm-12:55pm
363595	9/21	Sa	1:05pm- 1:35pm
363599	9/23	M	5:30pm- 6:00pm
363600	9/24	Tu, Th	5:00pm- 5:30pm
363601	9/24	Tu, Th	5:00pm- 5:30pm
363602	10/22	Tu, Th	5:40pm- 6:10pm
363603	10/22	Tu, Th	5:40pm- 6:10pm
363604	10/22	Tu, Th	6:20pm- 6:50pm
363605	11/11	M	5:30pm- 6:00pm
363606	11/19	Tu, Th	5:00pm- 5:30pm
363607	11/19	Tu, Th	5:00pm- 5:30pm

Kennedy Shriver Aquatic Center

361904	9/7	Sa	11:00am-11:30am
361905	9/7	Sa	11:40am-12:10pm
361906	9/7	Sa	1:00pm-1:30pm
361907	9/8	Su	9:40am-10:10am
361908	9/8	Su	10:20am-10:50am
361909	9/8	Su	11:00am-11:30am
361910	9/8	Su	1:00pm-1:30pm
361911	9/9	M	5:30pm-6:00pm
361912	9/10	Tu	4:10pm-4:40pm
361913	9/11	W	5:30pm-6:00pm
361914	9/11	W	6:10pm-6:40pm
361916	9/12	Th	6:10pm-6:40pm
361917	9/12	Th	4:50pm-5:20pm
361915	9/13	F	10:30am-11:00am
361925	10/21	M	5:30pm-6:00pm
361926	10/22	Tu	4:10pm-4:40pm
361927	10/23	W	5:30pm-6:00pm
361928	10/23	W	6:10pm-6:40pm
361930	10/24	Th	6:10pm-6:40pm
361931	10/24	Th	4:50pm-5:20pm
361929	10/25	F	10:30am-11:00am
361918	10/26	Sa	11:00am-11:30am
361920	10/26	Sa	1:00pm-1:30pm
361921	10/27	Su	9:40am-10:10am
361922	10/27	Su	10:20am-10:50am
361924	10/27	Su	1:00pm-1:30pm

Martin Luther King Swim Center

362948	9/7	Sa	10:15am-10:45am
362949	9/8	Su	11:20am-11:50am
362951	9/8	Su	10:40am-11:10am
362950	9/9	M	5:50pm-6:20pm
362952	9/11	W	6:30pm-7:00pm
362953	10/26	Sa	11:00am-11:30am
362954	10/26	Sa	12:20pm-12:50pm
362955	10/27	Su	10:00am-10:30am
362956	10/27	Su	10:40am-11:10am
362957	10/28	M	5:50pm-6:20pm
362958	10/29	Tu	5:50pm-6:20pm
362960	10/29	Tu	7:10pm-7:40pm
362959	10/30	W	6:30pm-7:00pm
362961	10/31	Th	6:30pm-7:00pm

Olney Swim Center

363483	9/9	M	7:00pm-7:30pm
363484	9/9	M	7:35am-8:05pm
363494	9/11	W	7:00pm-7:30pm
363495	9/11	W	7:35pm-8:05pm
363477	9/14	Sa	9:30am-10:00am
363478	9/14	Sa	10:10am-10:40am
363479	9/14	Sa	11:30am-12:00pm
363480	9/14	Sa	12:10pm-12:40pm
363481	9/15	Su	9:30am-10:00am
363482	9/15	Su	10:10am-10:40am
363486	10/26	Sa	9:30am-10:00am
363487	10/26	Sa	10:10am-10:40am
363488	10/26	Sa	12:10pm-12:40pm
363489	10/27	Su	9:30am-10:00am
363490	10/27	Su	10:10am-10:40am
363491	10/27	Su	10:50am-11:20am
363492	10/28	M	7:00pm-7:30pm
363493	10/28	M	7:35pm-8:05pm
363496	10/30	W	7:00pm-7:30pm



PRE-BEGINNER LEVEL 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

Germantown Indoor Swim Center

363615	9/15	Su	11:05am-11:35am
363613	9/21	Sa	11:05am-11:35am
363614	9/21	Sa	11:45am-12:15pm

Kennedy Shriver Aquatic Center

361933	9/7	Sa	11:00am-11:30am
361934	9/7	Sa	12:20pm-12:50pm
361935	9/8	Su	11:00am-11:30am
361936	9/8	Su	11:40am-12:10pm
361937	9/12	Th	6:10pm-6:40pm
361942	10/24	Th	6:10pm-6:40pm
361938	10/26	Sa	11:00am-11:30am
361943	10/26	Sa	12:20pm-12:50pm
361940	10/27	Su	11:00am-11:30am
361941	10/27	Su	11:40am-12:10pm

Martin Luther King Swim Center

362966	9/7	Sa	11:40am-12:10pm
362967	9/10	Tu	7:10pm-7:40pm
362968	10/26	Sa	10:15am-10:45am
362969	10/27	Su	11:20am-11:50am
362970	10/31	Th	7:10pm-7:40pm

Olney Swim Center

363499	9/9	M	7:35pm-8:05pm
363502	9/11	W	7:35pm-8:05pm
363497	9/14	Sa	12:10pm-12:40pm
365645	9/15	Su	9:00am-9:30am
363498	9/15	Su	10:50am-11:20am
363500	10/26	Sa	12:10pm-12:40pm
363501	10/27	Su	9:30am-10:00am
363503	10/30	W	7:30pm-8:00pm

YOUTH LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

Germantown Indoor Swim Center

363626	9/15	Su	11:05am-11:35am
363625	9/21	Sa	10:25am-10:55am
363627	9/23	M	6:10pm-6:40pm
363628	9/24	Tu, Th	5:00pm-5:30pm
363629	11/11	M	6:10pm-6:40pm
363630	11/19	Tu, Th	5:00pm-5:30pm

Kennedy Shriver Aquatic Center

361970	9/7	Sa	1:00pm-1:30pm
361971	9/8	Su	9:40am-10:10am
361972	9/9	M	6:10pm-6:40pm
361975	10/21	M	6:10pm-6:40pm
361973	10/26	Sa	1:00pm-1:30pm
361974	10/27	Su	9:40am-10:10am

Martin Luther King Swim Center

362991	9/7	Sa	10:15am-10:45am
362992	9/7	Sa	11:40am-12:10pm
362993	9/7	Sa	12:20pm-12:50pm
362994	9/8	Su	10:40am-11:10am
362995	9/8	Su	12:00pm-12:30pm
362996	9/10	Tu	5:50pm-6:20pm
362997	9/10	Tu	7:10pm-7:40pm
362998	9/11	W	5:50pm-6:20pm
363002	10/26	Sa	12:20pm-12:50pm
363003	10/26	Sa	9:00am-9:30am
362999	10/27	Su	10:40am-11:10am
363005	10/29	Tu	5:10pm-5:40pm
363000	10/30	W	5:10pm-5:40pm
363001	10/31	Th	5:50pm-6:20pm

Olney Swim Center

363530	9/9	M	7:35pm-8:05pm
363536	9/10	Tu	5:15pm-5:45pm
363537	9/12	Th	5:15pm-5:45pm
363528	9/14	Sa	9:30am-10:00am
363529	9/15	Su	10:10am-10:40am
363531	10/26	Sa	10:50am-11:20am
363535	10/26	Sa	9:30am-10:00am
363534	10/28	M	6:20pm-6:50pm
363532	10/29	Tu	6:30pm-7:00pm
363538	10/29	Tu	5:15pm-5:45pm
363533	10/30	W	6:20pm-6:50pm
363540	10/30	W	7:35pm-8:05pm
363539	10/31	Th	5:15pm-5:45pm



RecWeb . . .
Easy, Fast, Secure!
montgomerycountymd.gov/rec



YOUTH LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 8 students.

6 Sessions

\$52

Germantown Indoor Swim Center

363633	9/15	Su	9:45am-10:15am
363634	9/15	Su	11:45am-12:15pm
363635	9/18	W	5:30pm- 6:00pm
363631	9/21	Sa	9:45am-10:15am
363632	9/21	Sa	11:05am-11:35am
363636	11/6	W	5:30pm- 6:00pm

Kennedy Shriver Aquatic Center

361976	9/7	Sa	10:20am-10:50am
361977	9/7	Sa	12:20pm-12:50pm
361978	9/8	Su	11:40am-12:10pm
361979	9/8	Su	12:20pm-12:50pm
361980	9/10	Tu	5:30pm-6:00pm
361985	10/22	Tu	5:30pm-6:00pm
361981	10/26	Sa	10:20am-10:50am
361982	10/26	Sa	12:20pm-12:50pm
361983	10/27	Su	11:40am-12:10pm
361984	10/27	Su	12:20pm-12:50pm

Martin Luther King Swim Center

363006	9/7	Sa	11:00am-11:30am
363007	9/7	Sa	1:00pm-1:30pm
363008	9/8	Su	10:40am-11:10am
363009	9/8	Su	11:20am-11:50am
363010	9/10	Tu	7:50pm-8:20pm
363020	9/10	Tu	5:10pm-5:40pm
363011	9/12	Th	5:50pm-6:20pm
363012	10/26	Sa	11:40am-12:10pm
363013	10/26	Sa	12:20pm-12:50pm
363017	10/27	Su	11:20am-11:50am
363019	10/27	Su	9:15am-9:45am
363014	10/29	Tu	5:50pm-6:20pm
363015	10/29	Tu	7:10pm-7:40pm
363016	10/31	Th	7:50pm-8:20pm

Olney Swim Center

365642	9/10	Tu	6:30pm-7:00pm
363552	9/11	W	7:35pm-8:05am
363553	9/12	Th	5:15pm-5:45pm
365643	9/12	Th	6:30pm-7:00pm
363545	9/12	Th	7:10pm-7:40pm
363541	9/14	Sa	10:50am-11:20am
363542	9/14	Sa	12:50pm-1:20pm
363543	9/15	Su	9:30am-10:00am
363544	9/15	Su	10:10am-10:40am
363547	10/26	Sa, F	10:10am-10:40am
363548	10/26	Sa	10:50am-11:20am
363549	10/27	Su	9:30am-10:00am
363551	10/28	M	7:35pm-8:05pm
363554	10/30	W	7:00pm-7:30pm
363550	10/31	Th	6:30pm-7:00pm
363555	10/31	Th	5:15pm-5:45pm

YOUTH LEVEL 3

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions

\$50

Germantown Indoor Swim Center

363639	9/15	Su	10:25am-10:55am
363640	9/15	Su	12:25pm-12:55pm
363641	9/18	W	6:10pm- 6:40pm
363637	9/21	Sa	12:25pm-12:55pm
363638	9/21	Sa	1:05pm- 1:35pm
363642	11/6	W	6:10pm- 6:40pm

Kennedy Shriver Aquatic Center

362214	9/7	Sa	9:40am-10:10am
362215	9/7	Sa	11:00am-11:30am
362216	9/7	Sa	11:40am-12:10pm
362217	9/8	Su	10:20am-10:50am
362218	9/8	Su	11:00am-11:30am
362219	10/26	Sa	9:40am-10:10am
362220	10/26	Sa	11:00am-11:30am
362221	10/26	Sa	11:40am-12:10pm
362222	10/27	Su	10:20am-10:50am
362223	10/27	Su	11:00am-11:30am

Martin Luther King Swim Center

363022	9/7	Sa	11:40am-12:10pm
363023	9/7	Sa	1:00pm-1:30pm
363024	9/8	Su	10:00am-10:30am
363025	9/8	Su	11:20am-11:50am
363026	9/10	Tu	7:50pm-8:20pm
363027	9/12	Th	7:10pm-7:40pm
363028	10/26	Sa	11:40am-12:10pm
363029	10/26	Sa	1:00pm-1:30pm
363030	10/27	Su	11:20am-11:50am
363044	10/27	Su	12:00pm-12:30pm
363036	10/29	Tu	7:50pm-8:20pm

Olney Swim Center

363560	9/9	M	7:00pm-7:30pm
363566	9/11	W	7:00pm-7:30pm
363556	9/14	Sa	10:10am-10:40am
363557	9/14	Sa	10:50am-11:20am
363558	9/15	Su	10:10am-10:40am
363559	9/15	Su	11:30am-12:00pm
363561	10/26	Sa	10:50am-11:20am
363562	10/26	Sa	11:30am-12:00pm
363563	10/27	Su	10:10am-10:40am
363564	10/27	Su	10:50am-11:20am
363565	10/28	M	7:00pm-7:30pm
363567	10/30	W	7:35pm-8:05pm

YOUTH LEVEL 4

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

363646	9/15	Su	12:25pm-12:55pm
363643	9/21	Sa	12:25pm-12:55pm
363644	9/21	Sa	1:05pm- 1:35pm
363645	9/21	Sa	9:45am-10:15am

Kennedy Shriver Aquatic Center

362224	9/7	Sa	11:40am-12:10pm
362225	9/8	Su	11:00am-11:30am
362226	9/8	Su	12:20pm-12:50pm
362227	9/8	Su	1:00pm-1:30pm
362228	10/26	Sa	11:40am-12:10pm
362229	10/27	Su	11:00am-11:30am
362230	10/27	Su	12:20pm-12:50pm
362231	10/27	Su	1:00pm-1:30pm

Martin Luther King Swim Center

363045	9/7	Sa	12:20pm-12:50pm
363046	9/8	Su	10:00am-10:30am
363048	9/8	Su	11:20am-11:50am
363047	9/12	Th	7:50pm-8:20pm
363049	10/26	Sa	12:20pm-12:50pm
363052	10/26	Sa	10:15am-10:45am
363050	10/27	Su	12:00pm-12:30pm
363051	10/29	Tu	7:50pm-8:20pm

Olney Swim Center

363571	9/9	M	7:00pm-7:30pm
363576	9/11	W	7:00pm-7:35pm
363568	9/14	Sa	10:50am-11:20am
363569	9/14	Sa	11:30am-12:00pm
363570	9/15	Su	10:50am-11:20am
363572	10/26	Sa	11:30am-12:00pm
363573	10/26	Sa	12:10pm-12:40pm
363574	10/27	Su	10:50am-11:20am
363575	10/28	M	7:00pm-7:30pm
363577	10/30	W	7:00pm-7:35pm

YOUTH LEVEL 5

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

363649	9/15	Su	11:05am-11:35am
363647	9/21	Sa	11:45am-12:15pm
363648	9/21	Sa	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

362232	9/7	Sa	1:00pm-1:30pm
362233	9/8	Su	1:00pm-1:30pm
362234	10/26	Sa	1:00pm-1:30pm
362235	10/27	Su	1:00pm-1:30pm

Martin Luther King Swim Center

363053	9/7	Sa	12:20pm-12:50pm
363054	9/8	Su	10:40am-11:10am
363055	9/12	Th	7:50pm-8:20pm
363056	10/26	Sa	11:00am-11:30am
363057	10/27	Su	10:00am-10:30am
363058	10/31	Th	7:10pm-7:40pm

Olney Swim Center

363581	9/10	Tu	7:10pm-7:40pm
363586	9/11	W	7:35pm-8:05pm
363578	9/14	Sa	12:10pm-12:40pm
363580	9/15	Su	10:50am-11:20am
363582	10/26	Sa	12:10pm-12:40pm
363583	10/26	Sa	12:50pm-1:20pm
363584	10/27	Su	11:30am-12:00pm
363585	10/29	Tu	7:10pm-7:40pm

Small class sizes ensure that your child has the fun of being with other kids, while still getting the individual attention he or she needs.



YOUTH LEVEL 6

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

363652	9/15	Su	9:45am-10:15am
363650	9/21	Sa	10:25am-10:55am

Kennedy Shriver Aquatic Center

362236	9/7	Sa	12:20pm-12:50pm
362237	9/8	Su	12:20pm-12:50pm
362238	10/26	Sa	12:20pm-12:50pm
362239	10/27	Su	12:20pm-12:50pm

Martin Luther King Swim Center

363059	9/7	Sa	1:00pm-1:30pm
363060	9/12	Th	7:10pm-7:40pm
363061	10/26	Sa	1:00pm-1:30pm
363062	10/27	Su	10:40am-11:10am
363063	10/31	Th	7:10pm-7:40pm

Olney Swim Center

363587	9/14	Sa	12:10pm-12:40pm
363588	9/15	Su	11:30am-12:00pm
363589	10/26	Sa	12:50pm-1:20pm
363590	10/27	Su	11:30am-12:00pm

ADULT LEVEL 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

Germantown Indoor Swim Center

363151	9/15	Su	10:25am-10:55am
363150	9/21	Sa	11:05am-11:35am
363152	9/23	M	5:30pm- 6:00pm
363153	11/11	M	5:30pm- 6:00pm

Kennedy Shriver Aquatic Center

361789	9/7	Sa	11:00am-11:30am
361790	9/8	Su	10:20am-10:50am
361788	9/12	Th	8:30pm-9:00pm
361791	10/24	Th	8:30pm-9:00pm
361792	10/26	Sa	11:00am-11:30am
361793	10/27	Su	10:20am-10:50am

Martin Luther King Swim Center

362854	9/7	Sa	11:00am-11:30am
362855	9/8	Su	10:00am-10:30am
362856	9/10	Tu	8:30pm-9:00pm
362857	10/27	Su	10:00am-10:30am
362858	10/29	Tu	8:30pm-9:00pm

Olney Swim Center

363356	9/14	Sa	10:50am-11:20am
363357	10/26	Sa	11:30am-12:00pm
363359	10/28	M	7:35pm-8:05pm
363358	10/31	Th	7:10pm-7:40pm
363360	10/31	Th	7:45pm-8:15pm



Get in
the know...

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**RECREATION
ALERTS**

REC
ALERT

Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

SIGN UP NOW for this free service at montgomerycountymd.gov!

ADULT LEVEL 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

363155	9/15	Su	9:45am-10:15am
363154	9/21	Sa	10:25am-10:55am
363156	9/23	M	6:10pm- 6:40pm
363157	11/11	M	6:10pm- 6:40pm

Kennedy Shriver Aquatic Center

361794	9/7	Sa	10:20am-10:50am
361795	10/26	Sa	10:20am-10:50am

Martin Luther King Swim Center

362859	9/7	Sa	10:15am-10:45am
362860	9/8	Su	12:00pm-12:30pm
362861	9/10	Tu	8:30pm-9:00pm
362862	10/26	Sa	10:15am-10:45am
362863	10/27	Su	10:40am-11:10am
362864	10/29	Tu	8:30pm-9:00pm

Olney Swim Center

363362	9/10	Tu	7:10pm-7:40pm
363361	9/14	Sa	11:30am-12:00pm
363363	10/26	Sa	11:30am-12:00pm
363364	10/29	Tu	7:45pm-8:15pm

ADULT LEVEL 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

363159	9/15	Su	12:25pm-12:55pm
363158	9/21	Sa	9:45am-10:15am

Kennedy Shriver Aquatic Center

361796	9/7	Sa	9:40am-10:10am
361797	10/26	Sa	9:40am-10:10am

Martin Luther King Swim Center

362865	9/7	Sa	11:00am-11:30am
362866	9/12	Th	8:30pm-9:00pm
362867	10/26	Sa	11:00am-11:30am
362868	10/31	Th	8:30pm-9:00pm

Olney Swim Center

363366	9/12	Th	7:10pm-7:40pm
363365	9/14	Sa	12:10pm-12:40pm
363367	10/26	Sa	12:10pm-12:40pm
363368	10/29	Tu	7:10pm-7:40pm

ADULT LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

363161	9/15	Su	11:45am-12:15pm
363160	9/21	Sa	11:45am-12:15pm

Kennedy Shriver Aquatic Center

361798	9/8	Su	11:40am-12:10pm
361799	9/10	Tu	8:30pm-9:00pm
361801	10/22	Tu	8:30pm-9:00pm
361800	10/27	Su	11:40am-12:10pm

Martin Luther King Swim Center

362870	9/19	Th	8:30pm-9:00pm
362871	10/31	Th	8:30pm-9:00pm

Olney Swim Center

363370	9/12	Th	7:45pm-8:15pm
363369	9/14	Sa	12:50pm-1:20pm
363371	10/26	Sa	12:50pm-1:20pm
363372	10/31	Th	7:45pm-8:15pm

ADULT LEVEL 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

361802	9/11	W	8:30pm-9:00pm
361803	10/23	W	8:30pm-9:00pm

Olney Swim Center

363373	9/10	Tu	7:45pm-8:15pm
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ADULT SWIM FOR CONDITIONING 1

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions

\$57

Kennedy Shriver Aquatic Center

361786 9/9 M 8:30pm-9:00pm

361787 10/21 M 8:30pm-9:00pm

ADULT SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions

\$57

Kennedy Shriver Aquatic Center

361804 9/9 M 8:30pm-9:00pm

361805 10/21 M 8:30pm-9:00pm

ADAPTED AQUATICS

MCR-Aquatics is now offering both learn-to-swim and water exercise programs for those with special needs. These courses will be offered in the Fall, Winter and Spring. Our classes are geared for swimmers that need 1 on 1 support because of any one or combination of the following: physical assistance, behavioral, sensory, cognitive, expressive or receptive language needs. Instructors will lead participants through a range of water experiences that encourage independence in the water, socializing and specific swimming or exercise skills and routines. To ensure success in these programs, we do need families/caregivers to commit their assistance. It is important you arrive and report to your instructor on time and ready to enter the water. On the first day of class, please check in at the front desk and complete the information sheet on the participant. Then head through the locker rooms. There is generally only one Special Needs changing room, so be prepared to wait. Report on deck and find the gathering location for the Adapted Aquatics.

PARENT/CAREGIVER MUST ENTER THE WATER AND PARTICIPATE IN THE CLASS.

Lessons - Volunteer Assisted

This is a learn-to-swim program for the children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

354264 Kennedy Shriver Aq Ctr 9/7 Sa 9:45am-10:25am

364265 Kennedy Shriver Aq Ctr 9/7 Sa 10:35am-11:15am

364267 Kennedy Shriver Aq Ctr 10/26 Sa 9:45am-10:25am

364266 Kennedy Shriver Aq Ctr 10/26 Sa 10:35am-11:15am

Lessons - Level 1 • Ages 14 & Up

PARENT/CAREGIVER MUST ENTER WATER AND PARTICIPATE IN THE CLASS.

This is a learn-to swim program for individuals with physical and/or developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

364268 Kennedy Shriver Aq Ctr 9/9 M 10:45am-11:15am

354273 Kennedy Shriver Aq Ctr 9/13 F 10:45am-11:15am

364272 Kennedy Shriver Aq Ctr 10/21 M 10:45am-11:15am

364282 Kennedy Shriver Aq Ctr 10/25 F 10:45am-11:15am

Lessons - Level 1 • Ages 7-13

PARENT/CAREGIVER MUST ENTER WATER AND PARTICIPATE IN THE CLASS.

This is a learn-to swim program for individuals with physical and/or developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

364275 MLK Swim Center 9/9 M 4:00pm-4:30pm

364269 Olney Swim Center 9/9 M 5:40pm-6:10pm

364270 Germantown ISC 9/10 Tu 4:15pm-4:45pm

364274 Germantown ISC 10/22 Tu 4:15pm-4:45pm

364271 Olney Swim Center 10/28 M 5:40pm-6:10pm

364276 MLK Swim Center 10/28 M 4:00pm-4:30pm

Water Exercise Adaptive • Ages 14 & Up

This is an exercise program for individuals with physical and/or developmental disabilities. If you need to get into shape, then this slow paced class, done in shallow water is for you. This course will allow the participant the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

364281 MLK Swim Center 9/8 Su 4:00pm-4:50pm

364280 MLK Swim Center 9/9 M 11:00am-11:50am

364277 Kennedy Shriver Aq Ctr 9/10 Tu 1:00pm-1:50pm

364279 Germantown ISC 9/11 W 11:30am-12:20pm

364278 Kennedy Shriver Aq Ctr 9/12 Th 1:00pm-1:50pm

23rd Annual

Burtonsville Day

Celebration



**Saturday,
Sept. 28, 2013**

10:00am Parade
along **Old Columbia Pike**
Rain or Shine!

10:30am Festival
at **Marilyn J. Praisner Center,**
Columbia Park and
Marilyn J. Praisner Library
14906-10 Old Columbia Pike

Come enjoy music, vendors, demonstrations, food, car show, health fair, children's activities, books and authors, plus lots more at this fabulous neighborhood celebration!

For updated information, please see our web site at:

BurtonsvilleDay.org



GET FIT FOR FALL!



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**All Indoor Aquatic Centers • Basketball Courts
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CLASSES

Classes Will Not Meet On

September, 2, 5, 14;

November 11;

November 28-December 1;

December 23-January 1

Except Aquatic Classes And Break Camps

ARTS & CRAFTS

YOUTH

Art Studio

Ages 7-12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

6 Sessions	\$54
Instructor: Tatiana Martin	
363743 Longwood CRC	9/19 Th 3:30pm-4:30pm
363742 Longwood CRC	9/21 Sa 2:00pm-3:00pm

Sunday Studio II w/CREATE

Ages 7-10: This studio class caters to the more sophisticated palette of the 7 to 10 year old artist. Students focus their interests in drawing, painting, and sculpture in a fun, encouraging, and creative environment. They will bring home two and three-dimensional projects they will be proud to share! \$20 material fee due instructor at the beginning of the first class.

8 Sessions	\$120
Instructor: Create Art Center	
364108 Create Arts Center	9/29 Su 11:30am-1:00pm

DRAW and CLAY

Ages 4-9: September class will study Dinosaurs on land and in the sea, their names, what they looked like and their habitats. This is always a fun class for boys and girls! We will draw, sculpt and paint. October class will work on Houses and Ginger Bread Houses. Have your child contribute to the Holiday Festivities with their own Holiday ornaments. This is study in architecture and creativity. A fun drawing, sculpting and painting project! \$10 material fee due to instructor for session class.

5 Sessions	\$49
Instructor: Yolanda Prinsloo	
364131 Germantown CRC	9/10 Tu 5:15pm-6:15pm
364129 Bauer Drive CRC	9/11 W 5:30pm-6:30pm
364132 Germantown CRC	10/22 Tu 5:15pm-6:15pm
364130 Bauer Drive CRC	10/23 W 5:30pm-6:30pm

Drawing Made Easy

Ages 5-10: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning-this class fills quickly! \$10 material fee due to instructor at first class.

8 Sessions	\$72
Instructor: Pyper H. Dixon	
362247 Germantown CRC	9/9 M 6:30pm-7:30pm
362248 White Oak CRC	9/11 W 6:30pm-7:30pm

Adventures in Art

Ages 5-11: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day. Additional supply list provided on first day.

6 Sessions	\$54
Instructor: Tatiana Martin	
363738 Longwood CRC	9/21 Sa 10:15am-11:15am
363739 Upper County CRC	9/21 Sa 12:00pm-1:00pm

Modern Masterpieces (painting)

Ages 6-13: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal and unique. Draw, paint and voila-a masterpiece! \$10 material fee due to instructor at class.

8 Sessions	\$64
Instructor: Pyper H. Dixon	
362286 Germantown CRC	9/10 Tu 6:30pm-7:30pm
362287 White Oak CRC	9/12 Th 6:30pm-7:30pm
362288 East County CRC	9/21 Sa 1:00pm-2:00pm

Cartooning with Young Rembrandts

Ages 6-12: Must be six by the start of class. Learning to draw can be great fun especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor.

6 Sessions	\$80
Instructor: Jacqueline Neidinger Young Rembrandts	
364114 Germantown CRC	9/25 W 5:00pm-6:00pm
364118 Longwood CRC	9/26 Th 5:00pm-6:00pm

NEW Drawing with Young Rembrandts

Ages 6-12: Must be six by the start of class. Encourage your child's enthusiasm for drawing as we present lessons that encompass a fascinating world of color, pattern, and design, some of which will include a component of art history. We will learn various styles of drawing such as portraits, still life, graphics, perspective and more! Students will strengthen their knowledge and skills with color as well. You'll be amazed at what your children can achieve and how their confidence will grow.

6 Sessions	\$80
Instructor: Jacqueline Neidinger Young Rembrandts	
364119 Wheaton CRC	9/23 M 6:30pm-7:30pm
364120 Potomac CRC	9/24 Tu 5:00pm-6:00pm

NEW Kids on Canvas

Ages 6-12: Jump into acrylics with Kids on Canvas, a unique art program that teaches children about painting on a variety of canvas surfaces. Canvas paper, canvas board and stretched canvas will be used while exploring the styles and techniques of masters like Renoir, Mondrian, Laurel Burch, Jackson Pollock, Modigliani, Warhol, Sam Francis and Frank Stella. A \$50 material fee is due to instructor on first day of class.

6 Sessions	\$84
Instructor: Abrakadoodle	
364984 White Oak CRC	9/21 Sa 11:00am - 12:00pm
364985 White Oak CRC	1/2 Sa 11:00am - 12:00pm

FIND US FAST ON
YOUR SMARTPHONE





FINE ARTS

Beginning Drawing with Kritt

Ages 18 & Up: All levels. No talent? No problem! Buildings, landscapes, people and animals are all hiding in your pencil. I'll show you how to get them out! If you can draw a stick figure, you've got all the skill you need. All you're missing is how to 'see like an artist', and I can teach you that. Call 301-989-1799 for supply list.

8 Sessions			\$136
Instructor: Penny Kritt			
364041	Kritt Studio	9/9 M	10:00am-12:00pm
364042	Kritt Studio	9/9 M	7:00pm-9:00pm

Right Brain Drawing Beginner

Ages 13 & Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$25 for materials fee due to instructor.

9 Sessions			\$153
Instructor: Yolanda Prinsloo			
364125	Potomac CRC	9/16 M	5:30pm-7:00pm

Right Brain Drawing Advanced

Ages 13 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

9 Sessions			\$153
Instructor: Yolanda Prinsloo			
364123	Potomac CRC	9/16 M	7:15pm-8:45pm

Beginning Painting with Kritt

Ages 18 & Up: Beginning/Intermediate. Watercolor or acrylics. Fast and fun, this class will get you off to a great start. Learn the basics, then everything is easier! See what paints are worth your money and how to use them the right way. We'll paint easy things, from trees to a vase of flowers. Call 301-989-1799 for supply list.

6 Sessions			\$102
Instructor: Penny Kritt			
364043	Kritt Studio	9/10 Tu	10:00am-12:00pm
364044	Kritt Studio	9/10 Tu	7:00pm-9:00pm

Painting Autumn with Kritt

Ages 18 & Up: Catch Fall at its finest. Watercolor or acrylics. Paint trees that look real, not like orange lollipops! Make clouds that don't look like they're pasted on. Learn how to do reflections of colors in water. Call 301-989-1799 for supply list.

7 Sessions			\$119
Instructor: Penny Kritt			
364046	Kritt Studio	10/22 Tu	10:00am-12:00pm
364047	Kritt Studio	10/22 Tu	7:00pm-9:00pm

Chinese Watercolors

Ages 18 & Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. \$28 material fee due to instructor at first class.

10 Sessions			\$170
Instructor: Helene Sze McCarthy			
364106	Blair, Montgomery HS	9/11 W	7:30pm-9:30pm



Paint with Merlot

NEW Paint like Van Gogh with Merlot

Ages 21 & Up: All levels: Express your artistic creativity on canvas! Enjoy a few glasses of red or white wine and mingling while you create your individual masterpiece. Instruction, beverages, and all supplies provided.

1 Sessions			\$57
Instructor: Vivienne Cho			
363100	Bauer Drive CRC	9/26 Th	7:00pm-9:30pm
363103	Jane E. Lawton CRC	10/10 Th	7:00pm-9:30pm
362416	Potomac CRC	10/17 Th	6:00pm-8:30pm
363101	White Oak CRC	10/31 Th	12:30pm-3:00pm
363102	Longwood CRC	11/21 Th	12:30pm-3:00pm

Acrylic Painting Techniques

Ages 14 & Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee due to instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

10 Sessions			\$170
Instructor: Margaret Deskin			
362240	Bauer Drive CRC	9/21 Sa	10:30am-12:30pm

Oil or Acrylic Painting-Your Choice

Ages 18 & Up: Beginners/Intermediate Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

10 Sessions			\$180
Instructor: Doris Haskel			
364432	Norwood LP	9/9 M	9:45am-11:45am
364433	Norwood LP	9/10 Tu	9:45am-11:45am
364434	Norwood LP	9/11 W	9:45am-11:45am

Painting from A to Z

Ages 10 & Up: All levels. Chose any painting medium you would like to work on: watercolor, gouache, acrylics, or oil painting. Beginners will be given structured lessons in composition, value, color mixing, and various painting techniques; experience painters can work independently. Individualized attention will be given to meet personal needs. Please bring a sketchpad, 4B pencil, and an eraser to the first class. Materials will be discussed in the first class.

10 Sessions			\$169
Instructor: Vivienne Cho			
362364	Bauer Drive CRC	9/10 Tu	11:00am-1:00pm

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NEW Sketching with Charcoal

Ages 16 & Up: Learn the art of charcoal drawing through sketching still life with a fine artist. Practice sketching quick sketches as well as longer drawings. Use of vine charcoal, black conte, umber conte and white conte will be demonstrated. Exploration of composition, light and dark, form and space. A material fee of \$20 is due to the instructor at the first class. Questions? Email valeriehaber@msn.com.

2 Sessions \$45
Instructor: Valerie Haber
362016 Plum Gar CRC 10/23 W 10:00am-12:00pm

Let's Draw! Beginning/Intermediate

Ages 9 & Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

8 Sessions \$128
Instructor: Pyper H. Dixon
362256 East County CRC 9/21 Sa 10:15am-12:15pm

Stone Sculpture

Ages 16 & Up: Basic instruction in the use of stone tools and the types of stones. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and safety glasses to first class for hands on experience.

10 Sessions \$170
Instructor: Annmyra Ruppert
361718 Ross Boddy CRC 9/18 W 7:00pm-9:00pm

JEWELRY**Beginning Wire Work**

Ages 12 & Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make a wire bracelet with glass beads, finished with a hand-made clasp. \$10 material fee due to instructor at class.

1 Sessions \$35
Instructor: Donna Weeks
363213 Bauer Drive CRC 9/10 T 7:00pm-9:00pm

Jewelry Basics

Ages 12 & Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind design. \$10 material fee due to instructor in class.

1 Sessions \$35
Instructor: Donna Weeks
363215 Bauer Drive CRC 10/1 T 7:00pm-9:00pm

Earrings, Earrings, Earrings!

Ages 12 & Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due to instructor at class.

1 Sessions \$35
Instructor: Donna Weeks
363229 Bauer Drive CRC 10/22 T 7:00pm-9:00pm

NEW Kumihimo

Ages 12 & Up: This is an ancient Japanese technique and the word means a gathering of threads. We'll be using a round disk, lots of silk and satin cording and beads to learn the basic 8 strand technique. You'll also learn how to finish off your project using wire and a clasp. Easy to do and a good technique to use for making necklaces, and more \$12 material fee due to instructor at class.

1 Sessions \$35
Instructor: Donna Weeks
363232 Bauer Drive CRC 10/8 T 7:00pm-9:00pm

NEW Basic Beading

Ages 12 & Up: Learn the basic skills of stringing beads and findings for simple jewelry design to create earrings, bracelets and necklaces. We'll complete several pieces in class. Ideal class for beginners or those who desire to refine their skills. Bring a basic tool kit of flatnose pliers, roundnose pliers and wire cutters. \$10 material fee due to instructor in class.

1 Sessions \$35
Instructor: Renee Prioleau
364133 Wisconsin Place CRC 9/26 Th 7:30pm-8:30pm

NEW Jewel Girlz

Ages 12 & Up: The Jewel Girlz session will teach a unique curriculum and program to deliver a youth-friendly and fun art education with a focus on beadwork to youth. The central focus of the lessons is to teach beading and entrepreneurship skills that inspire and develop creativity and ingenuity. The curriculum incorporates the concepts of math, science, technology, and art to explore and teach fundamental principles of beadwork. \$35 material fee due to instructor in class.

4 Sessions \$75
Instructor: Renee Prioleau
364134 Mid County CRC 10/2 W 4:30pm-5:30pm

MORE ARTS & CRAFTS**Bath and Beauty Products**

Ages 12 & Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Sessions \$35
Instructor: Donna Weeks
363219 Bauer Drive CRC 10/15 T 7:00pm-9:00pm



Bath & Beauty Products



POTTERY

Introduction to Pottery

Ages 16 & Up: If you ever wanted to try pottery, this is the class for you! Designed as an introductory class, you will learn handbuilding and wheel throwing, decorating, and glazing. \$30 material fee due to instructor at class. Covers 25 lbs of clay, glazes, slips and other consumables.

10 Sessions \$170
Instructor: Pamela Reid
364030 White Oak CRC 9/18 W 6:30pm-8:30pm

Handcrafted Pottery

Beginner/intermediate

Ages 16 & Up: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$30 material fee due to instructor at class.

10 Sessions \$170
Instructor: Pamela Reid
364028 Wheaton CRC 9/18 W 10:00am-12:00pm

Handcrafted Pottery

Ages 15 & Up: All levels: Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Bring an old towel. A \$30 material fee due to the instructor at first class.

8 Sessions \$200
Instructor: Valerie Haber
361719 Germantown CRC 9/18 W 6:00pm-9:00pm

Pottery at Sligo Creek

Ages 17 & Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$27 material fee due to instructor at class. Monday class is taught by Dickerson; Tues and all Thursday classes are taught by Schreiber.

12 Sessions \$288
Instructor: Angela Schreiber
363703 Sligo Creek ES 9/17 Tu 7:00pm-10:00pm
363705 Sligo Creek ES 9/17 Tu 9:30am-12:30pm
363704 Sligo Creek ES 9/19 Th 9:30am-12:30pm
Instructor: Margaret Dickerson
363706 Sligo Creek ES 9/9 M 7:00pm-10:00pm

NEW Sketching with Clay (3D)

Ages 15 & Up: All levels: Working from natural objects such as shells, rocks, wood, we will observe the qualities of nature, and interpret them in clay. Skills such as modeling, pinching, carving, and use of a variety of tools will be taught. We will create small to medium size artwork. We will learn to hollow out the art when it is finished, so that it can be fired. A \$15 material fee due to the instructor at first class.

2 Sessions \$45
Instructor: Valerie Haber
362064 Plum Gar CRC 9/18 W 10:00am-12:00pm

Handcrafted Pottery All Levels

Ages 16 & Up: All Levels: Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. Bring clay tools and old towel. \$30 material fee due to instructor at the first class.

10 Sessions \$170
Instructor: Pamela Reid
364018 Wheaton CRC 9/19 Th 7:00pm-9:00pm
364019 White Oak CRC 9/19 Th 6:30pm-8:30pm

Pottery Open Studio

Ages 16 & Up: Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$30 material fee due at first class.

10 Sessions \$220
Instructor: Pamela Reid
364022 Ross Boddy CRC 9/17 Tu 10:00am-2:00pm
364023 Ross Boddy CRC 9/17 Tu 6:00pm-10:00pm

NEW Youth Pottery

Ages 11-17: In this class we will focus on all the basic pottery techniques from hand-building to wheel-work. Projects are based on student interest such as Clay jewelry, bowls and sculpture. We use Stoneware clay and glazes.

8 Sessions \$129
Instructor: Yolanda Prinsloo
364127 Jane E. Lawton CRC 9/19 Th 5:30pm-7:00pm

Family Pottery with CREATE

Ages 6 & Up: Adult participant is required. Spend some quality time as a family exploring clay. Whether your clay creations are purely decorative or practical pieces, you'll treasure the time you spend working both independently and as a family. You will explore clay construction (pinch, coil and slab-no wheel), and various glaze finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Younger children will need their adult pottery partner to assist through part of the process which is part of the fun you'll have together! Cost is per person. Register each person individually! \$25 material fee due per person on first day.

8 Sessions \$120
Instructor: Create Art Center
364111 Create Arts Center 9/29 Su 5:30pm-7:00pm



Youth Pottery

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DANCE

YOUTH

Bollywood Kids

Ages 6-10: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions? Call Kumud Mathur at 301-299-3334.

7 Sessions	\$95
Instructor: Kumud Mathur	
363734 Potomac CRC	9/17 Tu 6:30pm-7:15pm
363735 Kingsview MS	9/18 W 6:30pm-7:15pm

NEW Capoeira Youth

Ages 7 to 12: Students will learn basic Capoeira movements. Capoeira is a dance mixed with light acrobatics martial art and music. Participants form a roda (circle) and take turns playing instruments, singing, and dancing in pairs in the center of the circle. The game is marked by fluid dance play. Capoeira helps develop your reflexes, your cardio, increase self-confidence and encourage team building.

8 Sessions	\$79
Instructor: Roberto Roda Movements	
364448 Marilyn J. Praisner CRC	9/10 Tu 7:30pm-8:30pm
364446 White Oak CRC	9/11 W 7:00pm-8:00pm
364447 Bauer Drive CRC	9/12 Th 8:30pm-9:30pm

Tap, Ballet & Jazz Beginner

Ages 4-6 & 7-15: This is a combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in, soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. A performance will be held on the last day of class. Fun, fitness, and a great way to find out if your child really wants to dance. Questions? Call Rowena at 301-467-3535.

8 Sessions	\$72
Instructor: Rowena DeLuca	
Ages 4-6	
364795 Marilyn J. Praisner CRC	9/21 Sa 10:00am-11:00am
364796 Mid County CRC	9/16 M 6:00pm-7:00pm

Ages 7-15	
364797 Marilyn J. Praisner CRC	9/21 Sa 11:00am-12:00pm

Tap, Ballet & Jazz Intermediate

Ages 8-15: Intermediate. This is a continuing class for those who have taken the beginning level. Before registering contact Rowena 301-467-3535 for clarification of placement.

8 Sessions	\$72
Instructor: Rowena DeLuca	
364801 Marilyn J. Praisner CRC	9/21 Sa 12:00pm-1:00pm



Tap Dance

Comprehensive Classical Ballet Adv. Beg

Ages 7-10: Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turn out are highly emphasized in this class. Uniform: Girls: black short sleeved leotard, pink footed tights, leather ballet slipper. Boys: black sweat pants (no pockets), white t-shirt and socks, black jazz oxfords.

8 Sessions	\$72
Instructor: Kim Bell	
363722 Jane E. Lawton CRC	9/21 Sa 11:15am-12:00pm

Comprehensive Classical Ballet

Ages 4-6: Beginner students are taught Classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform: Girls: black short sleeve leotard, pink, footed tights and leather ballet slippers. Boys: black sweat pants (no pockets), white, t-shirt and socks black jazz oxfords.

8 Sessions	\$72
Instructor: Kim Bell	
363716 Jane E. Lawton CRC	9/21 Sa 10:15am-11:00am

Ballet

Ages 5-9: Beginner. This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

10 Sessions	\$100
Instructor: Grace Oleson	
361668 White Oak CRC	9/9 M 4:30pm-5:15pm
361665 Potomac CRC	9/10 Tu 4:30pm-5:15pm
361667 Germantown CRC	9/11 W 4:30pm-5:15pm
361666 Wheaton CRC	9/12 Th 4:30pm-5:15pm

Ballet

Ages 5-8: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. We create a safe and fun environment to encourage maximum learning potential.

9 Sessions	\$81
Instructor: DanceFit by Mel	
364058 Germantown CRC	9/21 Sa 11:00am-12:00pm

Ballet All Levels

Ages 9-12: All Levels. The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. Beginning with barre work, the class proceeds to center work and movement which travel across the floor.

9 Sessions	\$81
Instructor: DanceFit by Mel	
364056 Germantown CRC	9/21 Sa 12:00pm-1:00pm





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Breakdancing

Ages 7-13: The breakdancing genres provide specialized hip hop moves necessary to give kids the chance to develop and learn style, power moves, and everything in between. This class is perfect for guys and girls who want to learn the popular dance moves in a class that focuses on kids feeling good, having fun, and developing a positive attitude! Comfortable clothing is the dress code for the class (i.e. sneakers, t-shirt, lightweight pants / shorts).

9 Sessions \$81

Instructor: DanceFit by Mel

364061 Upper County CRC 9/11 W 7:30pm-8:30pm

364060 Potomac CRC 9/12 Th 7:30pm-8:30pm

NEW Hip Hop for Kids!

Ages 6-8: This class is designed to introduce the Hip-Hop culture through the element of dance. Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography and more advanced body movements are incorporated as this class progresses. Each class will begin with a basic warm-up to stretch and tone the body, followed by across the floor progressions, concluded with a fun and energetic routine.

4 Sessions \$39

Instructor: Kahina Haynes

364067 White Oak CRC 9/21 Sa 10:15am-11:00am

364068 White Oak CRC 10/19 Sa 10:15am-11:00am

8 Sessions \$72

Instructor: Kahina Haynes

364066 White Oak CRC 9/21 Sa 10:15am-11:00am

9 Sessions \$81

Instructor: DanceFit by Mel

364065 Upper County CRC 9/11 W 6:15pm-7:15pm

364064 Potomac CRC 9/12 Th 6:15pm-7:15pm

NEW Hip Hop for KidZ!

Ages 9-12: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

8 Sessions \$72

Instructor: Kahina Haynes

364075 Gwendolyn Coffield CRC 9/10 Tu 5:15pm-6:00pm

364074 Bauer Drive CRC 9/16 M 5:15pm-6:00pm

364076 Long Branch CRC 9/21 Sa 1:30pm-2:15pm

364077 White Oak CRC 9/21 Sa 11:15am-12:00pm

NEW Contemporary Stylz (Teens)

Ages 13-18: Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. The genre often seeks to express a personalized approach to body movement and can be performed to any style of music (r&b, pop, classical, country). Each class will begin with a basic warm-up to stretch and tone the body, followed by across the floor progressions, and end with a fun and energetic routine. Questions? E-mail Kahina Haynes at kahinahaynes@gmail.com

8 Sessions \$72

Instructor: Kahina Haynes

364099 Bauer Drive CRC 9/18 W 7:00pm-8:00pm

BALLROOM

Instructors:

Joe Kim301-774-3126

Rebecca McKinney202-669-7723

Tony Seleme.....202-386-2060

Tom Woll703-591-3839

REGISTRATION IS PER PERSON.

Ballroom I Beginners (Couples)

Ages 16 & Up: Beginner. Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing.

10 Sessions \$95

Instructor: Joe Kim

364338 Olney ES 9/13 F 7:30pm-8:30pm

Instructor: Thomas Woll/ Ann Basso

364336 Wheaton CRC 9/18 W 7:00pm-8:00pm

12 Sessions \$115

Instructor: Tony Seleme

364334 Bauer Drive CRC 9/9 M 7:15pm-8:15pm

Instructor: Rebecca Phyllis McKinney

364337 Bethesda ES 9/9 M 7:00pm-8:00pm

Ballroom II (Couples)

Ages 16 & Up: Intermediate. Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. For further information please contact your instructor directly.

10 Sessions \$95

Instructor: Joe Kim

364344 Olney ES 9/13 F 8:30pm-9:30pm

Instructor: Thomas Woll/ Ann Basso

364343 Wheaton CRC 9/18 W 8:00pm-9:00pm

12 Sessions \$115

Instructor: Tony Seleme

364345 Bauer Drive CRC 9/9 M 8:15pm-9:15pm

Instructor: Rebecca Phyllis McKinney

364347 Bethesda ES 9/9 M 8:00pm-9:00pm

Ballroom III (Couples)

Ages 16 & Up: Intermediate/Advanced. Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session. Registration fee is per student, each student must have a registered partner to participate in the class.

10 Sessions \$95

Instructor: Thomas Woll/ Ann Basso

364410 Gwendolyn Coffield CRC 9/17 Tu 7:45pm-8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly. All registration fees are per person, a registered partner is required for this class.

10 Sessions \$95
 Instructor: Thomas Woll/ Ann Basso
 364426 Mid County CRC 9/19 Th 7:45pm-8:45pm

Ballroom Practice & Party (Couples)

Age 17 & Up: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly. Registration is per person, students must have a registered partner to attend the class.

12 Sessions \$180
 Instructor: Tony Seleme
 364404 Holiday Park Sr Ctr 9/13 F 7:00pm-10:00pm

Ballroom Waltz (Couples)

Ages 16 & Up: Learn this classical slow dance that is the opening to all formal dance. This beautiful dance is the oldest and most graceful of the social dances. Registration fee is per person, must have a registered partner to participate.

12 Sessions \$115
 Instructor: Rebecca Phyllis McKinney
 364386 Jane E. Lawton CRC 9/12 Th 7:00pm-8:00pm

Ballroom Wedding Dance (Couples)

Ages 18 & Up: Beginner. Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Registration fee is per person, must have a registered partner to attend the class.

10 Sessions \$95
 Instructor: Thomas Woll/ Tony Dunn
 364406 Potomac CRC 9/16 M 7:00pm-8:00pm
 12 Sessions \$115
 Instructor: Tony Seleme
 364407 Holiday Park Sr Ctr 9/10 Tu 7:00pm-8:00pm

Dance for the Special Occasion (Singles and Couples)

Ages 18 & Up: This dance class covers all ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

8 Sessions \$75
 Instructor: Herb Fredricksen
 364443 Germantown CRC 9/25 W 7:45pm-8:45pm

Swing (Couples)

Ages 17 & Up: Beginner. Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. Registration fee is per person, students must have a registered partner to attend.

12 Sessions \$115
 Instructor: Tony Seleme
 364389 Holiday Park Sr Ctr 9/10 Tu 9:00pm-10:00pm
 Instructor: Rebecca Phyllis McKinney
 364388 Jane E. Lawton CRC 9/12 Th 8:00pm-9:00pm

DC Hand Dancing (Singles and Couples)

Ages 18 & Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

10 Sessions \$95
 Instructor: Thomas Woll/ Tony Dunn
 364422 Potomac CRC 9/18 W 7:00pm-8:00pm

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INTERNATIONAL

Folk Bhangra/Bollywood

Ages 11 & Up: Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

7 Sessions \$95

Instructor: Kumud Mathur

363730 Potomac CRC 9/17 Tu 7:30pm-8:15pm

363731 Kingsview MS 9/18 W 7:30pm-8:15pm

International Folk Dancing

Ages 17 & Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/ advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or e-mail diamonddancecircle@comcast.net.

4 Sessions \$30

Instructor: Phyllis Diamond

362090 Jane E. Lawton CRC 11/18 M 7:30pm-9:45pm

9 Sessions \$67

Instructor: Phyllis Diamond

362089 Jane E. Lawton CRC 10/7 M 7:30pm-9:45pm

12 Sessions \$89

Instructor: Phyllis Diamond

362088 Jane E. Lawton CRC 9/16 M 7:30pm-9:45pm

LATIN DANCE

Latin Salsa (Couples)

Ages 17 & Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners.

12 Sessions \$115

Instructor: Tony Seleme

364402 Holiday Park Sr Ctr 9/10 Tu 8:00pm-9:00pm

Latin Salsa (Singles & Couples)

Beginner: Ages 17 & Up: Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to ensure a balance. Students change partners frequently.

10 Sessions \$95

Instructor: Thomas Woll

364424 Potomac CRC 9/18 W 8:00pm-9:00pm

Latin Tango (Couples)

Age 17 & Up: Beginner/Intermediate. American and International Standard Tango.

12 Sessions \$115

Instructor: Rebecca Phyllis McKinney

364384 Bethesda ES 9/9 M 9:00pm-10:00pm

Latin Salsa & Merengue Beginner (Single & Couples)

Ages 17 & Up: Beginner. This class is popular worldwide. The class includes partner dance, solo free style, and practice to mini choreographed routine. Students will learn night club style, street style, and formal dance style. Students will change partners frequently. Program does not require a partner to attend.

10 Sessions \$95

Instructor: Joe Kim

364428 Bamsley, Lucy ES 9/11 W 7:30pm-8:30pm

Latin Salsa & Merengue Inter/Adv (Single & Couples)

Ages 17 & Up: Intermediate/Advanced: Prerequisite: Salsa beginner class or solid basic knowledge. Initially review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students will be taught night club style, street style, and formal dance style. Students change partners frequently.

10 Sessions \$95

Instructor: Joe Kim

364430 Bamsley, Lucy ES 9/11 W 8:30pm-9:30pm

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MORE DANCE

NEW Hip Hop Stylz

Ages 16-28: A high energy, fun filled dance class, packed with the latest hip-hop choreography. Move to the latest hip hop music while learning this fun style of dance. Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography, improvisational (freestyle) skills, and more advanced body movements are incorporated as the class progresses. Questions? e-mail Kahina Haynes at kahinahaynes@gmail.com

8 Sessions \$72
Instructor: Kahina Haynes
364104 Bauer Drive CRC 9/18 W 8:00pm-9:00pm

Chicago Steppin'

Ages 18 & Up: Steppin is an urban African-America form of Swing Dance that originated in Chicago. This partner dance has a leader and follower synchronizing their steps in a smooth, soulful and complementary manner. Emphasis is placed on dancing to the beat and rhythm of the music. No partner is required. Materials fee of \$2 is due to the instructor at the first class.

6 Sessions \$59
Instructor: Jeffery Brown
364051 East County CRC 9/18 W 7:15pm-8:45pm
364052 East County CRC 10/30 W 7:15pm-8:45pm
12 Sessions \$99
Instructor: Jeffery Brown
364050 East County CRC 9/18 W 7:15pm-8:45pm

Urban Line Dance

Ages 16 & Up: This introduces you to the basic patterns and steps for line dancing. Learn basic beginning level line dance step patterns and gradually progress to a few intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting. For more information please call Peytrienne McCormick at 301.379.5937.

8 Sessions \$60
Instructor: Peytrienne McCormick
364014 Wheaton CRC 9/10 Tu 6:00pm-7:00pm
364015 Plum Gar CRC 9/11 W 6:30pm-7:30pm

US/Mexican Border Dances

(Singles and Couples)

Ages 18 & Up: Grab a partner or come as a single and explore over 200 years of dancing with a man who collects and keeps alive these spirited dances. Dances will include rhythms called Mariachi, Norteno, Conjunto, Ranchero, Tex-Mex, even Cajun. Since the days of the Alamo a vibrant exchange of music and dance that has taken place along this border territory. The instructor has taught for the Smithsonian Institution and the Friends of the Kennedy Center for many years. No partner or experience is required.

8 Sessions \$75
Instructor: Herb Fredricksen
364439 Germantown CRC 9/25 W 6:30pm-7:30pm

TAP

Tap Dance for Adults

Ages 16 and up: Tap is an exciting program where students will use their feet to create a musical beat. Many adults are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class is from 6pm-7pm and will introduce you to basic tap steps for true beginners. Beginner/Intermediate class is from 6:30pm-7:30pm and will introduce you to basic tap and combination steps. Intermediate class is from 7pm-8pm and will focus on intermediate steps and combination. Advance class will be held from 8pm - 9pm and is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

8 Sessions \$72
Instructor: Rowena DeLuca
364787 Capital View-Hwd LP 9/11 W 6:00pm-7:00pm
364788 Capital View-Hwd LP 9/11 W 6:30pm-7:30pm
364789 Capital View-Hwd LP 9/11 W 7:00pm-8:00pm
364790 Capital View-Hwd LP 9/11 W 8:00pm-9:00pm

Tap Dance for Adults Intermediate

Ages 16 and up: A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

8 Sessions \$72
364785 Marilyn J. Praisner CRC 9/20 F 12:30pm-1:30pm



Tap Dance For Adults



MUSIC

GUITAR

Guitar Level I

Ages 9 & Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), electronic tuner and a pencil. Questions: Call Brian Gross at 301-320-6999.

8 Sessions	\$144
Instructor: Brian Gross	
362065 Potomac CRC	9/17 Tu 6:00pm-7:00pm
362066 Bauer Drive CRC	9/18 W 7:00pm-8:00pm

Guitar Level II

Ages 9 & Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, an electronic tuner and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999.

8 Sessions	\$144
Instructor: Brian Gross	
362078 Potomac CRC	9/17 Tu 7:00pm-8:00pm
362077 Bauer Drive CRC	9/18 W 8:00pm-9:00pm

PIANO

Exploring Music and Piano Level IA

Ages 5-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$15 material fee due to instructor.

9 Sessions	\$225
Instructor: Geiza Dourado	
363243 Golden School of Music	9/9 M 5:15pm-6:15pm
363241 Golden School of Music	9/12 Th 6:00pm-7:00pm
363234 Golden School of Music	9/21 Sa 12:00pm-1:00pm

Group Piano Beginner

Ages 18 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

10 Sessions	\$150
Instructor: Elizabeth Duncan	
363667 Holiday Park Sr Ctr	9/24 Tu 10:15am-11:05am
363668 Holiday Park Sr Ctr	9/24 Tu 7:00pm-7:50pm

Group Piano Advanced Beginner

Ages 18 & Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

10 Sessions	\$150
Instructor: Jeffrey Binckes	
363660 Holiday Park Sr Ctr	9/23 M 10:15am-11:05am
363662 Holiday Park Sr Ctr	9/23 M 2:30pm-3:20pm
Instructor: Elizabeth Duncan	
363661 Holiday Park Sr Ctr	9/24 Tu 9:15am-10:05am

Group Piano Intermediate

Ages 18 & Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

10 Sessions	\$150
Instructor: Jeffrey Binckes	
363669 Holiday Park Sr Ctr	9/23 M 7:00pm-7:50pm
363672 Holiday Park Sr Ctr	9/23 M 11:15am-12:05pm
363673 Holiday Park Sr Ctr	9/23 M 12:30pm-1:20pm
Instructor: Elizabeth Duncan	
363670 Holiday Park Sr Ctr	9/24 Tu 11:15am-12:05pm
363671 Holiday Park Sr Ctr	9/24 Tu 8:00pm-8:50pm
363684 Holiday Park Sr Ctr	9/24 Tu 1:15pm-2:05pm

Group Piano Advanced

Ages 18 & Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

10 Sessions	\$150
Instructor: Jeffrey Binckes	
363653 Holiday Park Sr Ctr	9/23 M 1:30pm-2:20pm

Group Piano Popular Favorites

Ages 18 & Up: A fun and exciting approach to music and piano! No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Wherever you fit, come and make music in a relaxed and enjoyable environment. Students should have a piano or keyboard available to them for practice.

10 Sessions	\$150
Instructor: Elizabeth Duncan	
363697 Holiday Park Sr Ctr	9/24 Tu 12:15pm-1:05pm

COOKING

COOKING SKILLS

Knife Skills

Ages 18 & Up: The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care & upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due Instructor at class time.

1 Session \$65
Instructor: James Davis
362962 Ross Boddy CRC 10/19 Sa 10:30am-2:30pm

Basic Cooking Skills

Ages 15 & Up: Your next best in the kitchen with some basic knife skills to ease your time in the kitchen and great food to go with it. First, you will prepare a delightful new Southwest Empanada appetizer with spiced beef and pork and served with home made Salsa. Then an entree of Old Fashioned Beef Stew accompanied by Twice Baked Stuffed Potatoes. And to top it off an Apple Blackberry Cobbler. Basic Cooking Skills is designed to make you more comfortable in the kitchen and better equipped to use the tools that you will use every day that you cook. We eat what we fix so bring an appetite. Take home recipes. \$15 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
363021 Ross Boddy CRC 11/23 Sa 10:30am-2:30pm

GENERAL COOKING

Kid's Kitchen: Food, Fun, And Fitness

Ages 10-15: Learn practical messages about nutrition, physical activity, and good health that are simple, interactive, and fun. Participants will engage in hands-on food and fitness activities and prepare delicious recipes from all the food groups (grains, fruits, vegetables, dairy and meat) to develop a healthy lifestyle of eating and exercise.

1 Session \$65
Instructor: Kid's Kitchen
363217 Mid County CRC 9/21 Sa 10:00am-12:00pm
363221 White Oak CRC 10/5 Sa 10:00am-12:00pm
363222 White Oak CRC 11/2 Sa 10:00am-12:00pm
363218 Mid County CRC 11/16 Sa 10:00am-12:00pm
363223 White Oak CRC 12/7 Sa 10:00am-12:00pm

Family Chefs

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts & fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$32 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation.

4 Sessions \$64
Instructor: Abigail Dion
360952 Potomac CRC 10/7 M 4:00pm-5:00pm

Winter Comfort Foods-

The Good Stuff You Really Enjoy

Ages 15 & Up: We know that one of the most popular is Beef Stew, but how can we make it bigger, better and much more tasty. What do you call it when it's made with pork or lamb. What about real Macaroni and Cheese, with 4 or 5 different cheeses and a crispy, toasty golden brown topping? We can even have a comfort food dessert like a Sour Cherry-Apple Cobbler or maybe a Berry Cobbler. We'll have some other kinds of foods to experiment with as well and we'll prepare a full dinner meal as part of this comfort food experiment. So come with an appetite because we eat what we fix. Take home recipes are provided. \$15 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
362850 Ross Boddy CRC 10/12 Sa 10:30am-2:30pm

Thanksgiving Salads, Relishes, Side Dishes and Desserts

Ages 15 & Up: Anybody can buy a roasted turkey but putting together the appropriate side dishes and desserts for a big Thanksgiving Feast is a major chore. A selection of salads, relishes and side dishes including a new style Cranberry Orange Relish and a Bobby Flay Bolo Salad. How about Cheese Stuffed Twice Baked Potatoes and Chipotle and Tamarind Braised Greens, and to top it off a Pumpkin Dessert (but not a pie!). We'll also provide a Spatchcocked Turkey Breast to accompany our dishes. You will have a file of proven recipes that you can use at home on a regular basis. Just follow our example and you can repeat these recipes and apply the techniques learned to other recipes as well. This class features take home recipes as well as plenty to eat. \$20 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
362851 White Oak CRC 10/26 Sa 10:30am-2:30pm



Knife Skills



Real Spanish Tapas

Ages 15 & Up: TAPAS-The Spanish word derived from 'tapar,' meaning 'to cover.' Years ago the bartender would place a piece of bread on top of the glass of fine Spanish Sherry to keep the pesky fruit flies away from the sweet liquor. Then they began adding little bites to the bread, hence Tapas. In this class we'll examine several of those contributions, including Avocado and Tuna, Huevos Endiablados (try Deviled Eggs), Cheese Olive and herbed picks, Patatas Bravas and chicken stuffed with ham. We eat what we fix so come with an appetite! Take home recipes. \$15 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
363004 Ross Boddy CRC 11/9 Sa 10:30am-2:30pm

Classic American Diner

Ages 15 & Up: Nothing says American Food better than the Classic American Diner. Our appetizer will be a big bowl of Spinach and Artichoke Dip with a selection of breads and crackers for dipping. Chicken Fried the old fashioned way with White Cream Chicken Gravy will be served with garlic mashed potatoes and the vegetable du jour. Banana pudding is a typical diner dessert, and we're going to work from the oldest recipe that we have been able to find. A complete take home set of recipes and instructions are included. DO NOT EAT DINNER BEFORE THIS CLASS. \$15 food fee is payable to the instructor.

1 Session \$65
Instructor: James Davis
362869 Ross Boddy CRC 11/16 Sa 10:30am-2:30pm

Quick and Easy Holiday Duck Dinner

Ages 15 & Up: We are going to show you how to not only prepare and serve, but to amaze your family and friends with how wonderful it tastes and how refreshed you are after having done all the work. The entree will be Whole Roasted Duck. You'll also be preparing and serving a unique and tasty salad, a marvelous dish of Potatoes Anna made with duck fat and then roasted asparagus. All topped off with a Fresh Berries with Prosecco and Ginger Whipped Cream dessert. Remember, in this class we eat what we fix so bring an appetite. Take home recipes. A \$15 food fee due to the instructor at class time.

1 Session \$65
Instructor: James Davis
363064 Ross Boddy CRC 12/7 Sa 10:30am-2:30pm

Last Minute Holiday Gifts from the Kitchen

Ages 15 & Up: We are going to prepare some unusual treats that you can package, wrap and present to friends and family alike. First, we will make real Bacon Jam, a sweet, rich concoction that is great on crackers or with various hard cheeses and it will make an excellent gift. Then we will make up at least one soup in a jar, an attractively wrapped jar containing all the ingredients to make a pot of fresh home made soup. Best of all, the kids can help you make them and share in all the fun of the Holiday Season. We will make a batch of Mamie Eisenhower Million Dollar Fudge. We will include some wrapping and packaging ideas as well. Snacks will be served. Take home recipes and instructions will be provided. A \$20 food and materials fee due to the instructor at class time.

1 Session \$65
Instructor: James Davis
362918 White Oak CRC 12/14 Sa 10:30am-2:30pm

WINE & DINE-ADULTS

Annual Octoberfest Beer Class

Ages 21 & Up: In this class we are going to match beer with dishes that will be prepared in class. As always we will cook for the first hour and a half, then clean up and serve the foods we have prepared, each with three different matching beers to taste. First we are going to prepare German Style Oysters and/or Mussels with surprising results. And of course you could never do a German Beer tasting and not have Brats in Beer with real German Mustard on the menu. Then for a real taste treat we'll prepare a typical English country Ploughman's lunch of strong cheeses and a cheese dish paired with typical German beers. We'll do something really special and that is a final match of chocolate and beer. We do not offer a beer class every year, but this is the year of the beer. This class features take home recipes as well as plenty to eat! \$25 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
362810 Ross Boddy CRC 10/4 F 7:00pm-10:00pm

Holiday Party Wines and Sparklers!

Ages 21 & Up: Our holiday selection this month we'll have at least one dessert port wine and a minimum of three sparklers including one or more French Champagnes covering a range of tastes and prices that will be sure to fit your holiday party budget. Appetizers and hors d'oeuvres will dominate the food selection for the evening and will include at least Mini Mushroom Tarts, Spiced Cheese Ham Bites, Carnitas Quesadilla's, Asian Shrimp Bruschetta AND my favorite pate recipe that will have to be made in advance. There will be some other goodies to match the wines we have selected including a dessert and possibly a selection of chocolates. This class features take home recipes as well as plenty to eat \$25 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
362812 White Oak CRC 12/6 F 7:00pm-10:00pm

The Perfect Wine Tasting Party at Home

Ages 21 & Up: We will emphasize putting on your own wine tasting party at home. How to select the wines that you want to feature, how much money do you want to spend, what kind of glassware will you need and where will you get it. We will throw a real wine tasting party just like we would do it at home. We'll have to prepare the food to match the wines. The menu will include Ricotta-and-Mushroom Crostini, Roast Sirloin Sliders with Red Onion Jam and a seafood appetizer that will be a wonderful match for the great tasting whites we'll have available. Sign up now and plan on joining us for this unique and different class. This class features take home recipes as well as plenty to eat! \$20 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
362811 Ross Boddy CRC 11/1 F 7:00pm-10:00pm

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FITNESS & WELLNESS

AEROBIC DANCE

Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises, and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: former professional dancer, ACE certified owner of Fitness Care LLC and 35+ year experience. Questions: Call 301-942-5168.

12 Sessions \$96
Instructor: Esther Brunner
362102 Luxmanor ES 9/10 Tu 7:15pm-8:15pm

Dance & Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): Complete cardiovascular aerobic workout for all those who love music and movement—women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions email at dancenfitness@verizon.net.

24 Sessions \$168
Instructor: Jinjér Azuree
360520 Jane E. Lawton CRC 9/9 W, M 6:00pm-7:00pm
Instructor: Elaine Waldstreicher
360521 Mid County CRC 9/9 M, W 7:30pm-8:30pm
Instructor: Lois Antos
360516 Veirs Mill LP 9/10 Tu, Th 9:30am-10:30am
Instructor: Alice Donnelly
360518 Potomac CRC 9/10 Tu, Th 6:00pm-7:00pm
Instructor: Katy Weimers
360519 Rock View ES 9/10 Tu, Th 7:00pm-8:00pm

Dance & Fitness Add a Class

Ages 16 & Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday-Thursday or Saturday during our regular classes and keep dancing at a different location! Questions? Contact dancenfitness@verizon.net

12 Sessions \$120
Instructor: Katy Weimers
360522 Veirs Mill LP 9/21 Sa 9:00am-10:00am

Jacki Sorensen's Aerobic Dance

Ages 16 & Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions? Call Karin at 240-207-3091.

13 Sessions \$92
Instructor: Karin Baker
360524 Potomac CRC 9/19 Th 9:00am-10:00am
14 Sessions \$99
Instructor: Karin Baker
360523 Potomac CRC 9/17 Tu 9:00am-10:00am

Zumba

Zumba is a class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join The Party! This class is not done in the water.

14 Sessions \$73
Instructor: Wellness Network, Inc.
363338 Olney Swm Ctr 9/10 Tu 7:00pm-7:50pm
365998 MLK Swm Ctr 9/10 Tu 8:30am-9:20am
363339 Olney Swm Ctr 9/12 Th 7:00pm-7:50pm
365999 MLK Swm Ctr 9/12 Th 8:30am-9:20am

Zumba with Step-n-Sweat Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's time to 'Ditch the Workout and Join the Zumba party with Cheryl Hicks and her awesome instructors. This latin based cardio workout will have you burning up to 1000 calories an hour, while having fun. If you like to dance and shake, then this is the class for you. Move to the sounds of soca, salsa, merengue, hip hop, reggaetone, old and new school and of course line dances. The instructor brings 29 years of experience to every class and incorporates lots of interaction with her students. For more info, contact Cheryl at chicks2@mindspring.com, 301-642-0612 or go to zumba.com. There's a Party going on in this Zumba class, so come and join us!!!!

6 Sessions \$35
Instructor: Step-n-Sweat Fitness
362514 White Oak CRC 9/10 Tu 7:00pm-8:00pm
362515 White Oak CRC 9/12 Th 7:00pm-8:00pm
362516 Longwood CRC 9/12 Th 7:00pm-8:00pm
362517 Mid County CRC 9/14 Sa 10:30am-11:30am
362518 White Oak CRC 10/29 Tu 7:00pm-8:00pm
362519 White Oak CRC 10/31 Th 7:00pm-8:00pm
362520 Longwood CRC 10/31 Th 7:00pm-8:00pm
362521 Mid County CRC 11/2 Sa 10:30am-11:30am

Zumba-DanceFIT by Mel

Ages 16 & Up (13-15 if accompanied by parent or guardian): Beginner/Intermediate: Fitness combine mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of caloric-burning, and body-energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more info, contact Melissa at 301-318-9379 or myzumba.n.u@gmail.com.

12 Sessions \$110
Instructor: DanceFit by Mel
360624 Potomac CRC 9/7 Sa 9:30am-10:30am
360620 Bauer Drive CRC 9/7 Sa 9:15am-10:15am
360615 Marilyn J. Praisner CRC 9/9 M 6:00pm-7:00pm
360617 Damascus CRC 9/9 M 7:00pm-8:00pm
360664 Plum Gar CRC 9/9 M 7:30pm-8:30pm
360619 Wisconsin Place CRC 9/10 Tu 7:00pm-8:00pm
360622 Germantown CRC 9/10 Tu 7:15pm-8:15pm
360616 Marilyn J. Praisner CRC 9/11 W 6:00pm-7:00pm
360618 Damascus CRC 9/11 W 7:00pm-8:00pm
360665 Plum Gar CRC 9/11 W 7:30pm-8:30pm
360621 Wisconsin Place CRC 9/12 Th 7:00pm-8:00pm
360623 Germantown CRC 9/12 Th 7:15pm-8:15pm



Zumba with Zukossa Fitness

Ages 13 & Up: Zumba is a fun, aerobic dance workout that incorporates salsa, merengue, cumbia, reggaeton and other international music that works the body and lifts the spirit. The Zukossa Fitness team, lead by Janet Awokoya, infuses various African and Caribbean dance movements for an even greater, dynamic workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Burn 400-1000 calories in one hour! For more info, contact Janet at: zumbawithjanet@gmail.com.

7 Sessions

\$70

Instructor: Zukossa Fitness Team

362115	Schweinhaut Sr Ctr	9/9	M	7:00pm-8:00pm
362116	Schweinhaut Sr Ctr	9/11	W	7:00pm-8:00pm
362117	Schweinhaut Sr Ctr	10/28	M	7:00pm-8:00pm
362118	Schweinhaut Sr Ctr	10/30	W	7:00pm-8:00pm

Zumba Fitness with Definition

Ages 16 & Up: Zumba is a dance-like type of fitness that gets your whole body moving, is fun, and burns calories! It mixes Latin and International rhythms, music, and steps to get energy levels pumping. It is cardiovascular aerobic exercise that is sure to give you a great workout! Varied music and interesting choreography from trained, experienced and CPR certified instructors. Questions? Contact Juliet Rodman at (301) 229-7555 or Juliet@wellnesscorporatesolutions.com.

24 Sessions

\$168

Instructor: Juliet Rodman

360437 Clara Barton CRC 9/6 F, M 9:15am-10:15am

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

ACT provides a vigorous, easy to follow coed class for ages 16 & Up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes available for 12, 18, 24, and 36 classes-your choice!

Pass is valid for 3 months from the first class attended.

Take your access card and receipt to any class location and check-in with front desk staff.

<u>Location</u>	<u>Days</u>	<u>Times:</u>
Wheaton CRC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	T, Th	7:00pm-8:00pm
Wheaton CRC	Sa	9:00am-10:00am
Wheaton CRC	Su	9:30am-10:30am

ACT • 36 Passes - \$189.00

ACT • 24 Passes - \$132.00

ACT • 18 Passes - \$103.50

ACT • 12 Passes - \$72.00



AEROBIC EXERCISE

Better Bodies by Jerry

Adults: This fun, effective and safe workout is designed for everyone (co-ed) and incorporates some Zumba, kickboxing and traditional aerobic moves. Participants will burn fat, tone muscles and strengthen bones-all while having FUN! This is a low impact, high energy workout, so bring a mat, hand weights and a resistance band. This class includes warm-up, cardio, strength training and a relaxing cool-down. For questions please contact GettingFitwithJerry@comcast.net.

12 Sessions	\$84
Instructor: Jerry Palazzo	
362106 Churchill, Winston HS	9/10 Tu 5:45pm-6:45pm
362109 Churchill, Winston HS	9/12 Th 5:45pm-6:45pm

Dynaerobics

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions? Contact Ferhan Kiper Doyle at FerhanDoyle@aol.com.

24 Sessions	\$168
Instructor: Lee Berry	
365034 Wyngate ES	9/9 M, W 6:00pm - 7:00pm
Instructor: Nancy Dameron	
365035 Cloverly ES	9/9 M, W 6:30pm - 7:30pm
Instructor: Gail Oring	
365036 Bauer Drive CRC	9/10 Tu, Th 6:00pm - 7:00pm

Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat, 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at (240)-207-3091.

13 Sessions	\$92
Instructor: Karin Baker	
360525 Potomac CRC	9/20 F 9:00am-10:00am

Jazzmatazz Low Impact Aerobics

Ages 16 & Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday & Thursday to achieve the best results.

14 Sessions	\$98
Instructor: Betsy Saunders	
360683 Wheaton CRC	9/12 Th 7:15pm-8:15pm
360682 Wheaton CRC	9/17 Tu 7:15pm-8:15pm

Jazzmatazz Aerobics Light

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (moderate level low impact aerobic dancing) along with muscular strength & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

14 Sessions	\$98
Instructor: Betsy Saunders	
360681 Bauer Drive CRC	9/12 Th 9:30am-10:30am
360680 Bauer Drive CRC	9/17 Tu 9:30am-10:30am

Kelley's Complete Fitness Workout

Ages 13 & Up: A safe, effective co-ed program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions contact Pam at: 301-774-6342

12 Sessions	\$100
Instructor: Pamela Kelley	
360428 Longwood CRC	9/11 W 7:15pm-8:30pm
13 Sessions	\$109
Instructor: Pamela Kelley	
360425 Wheaton CRC	9/9 M 9:15am-10:30am
360429 Longwood CRC	9/9 M 7:15pm-8:30pm
360427 Bauer Drive CRC	9/11 W 9:10am-10:25am
360426 Wheaton CRC	9/12 Th 9:15am-10:30am

Movin' with Millie: Aerobics & Exercise

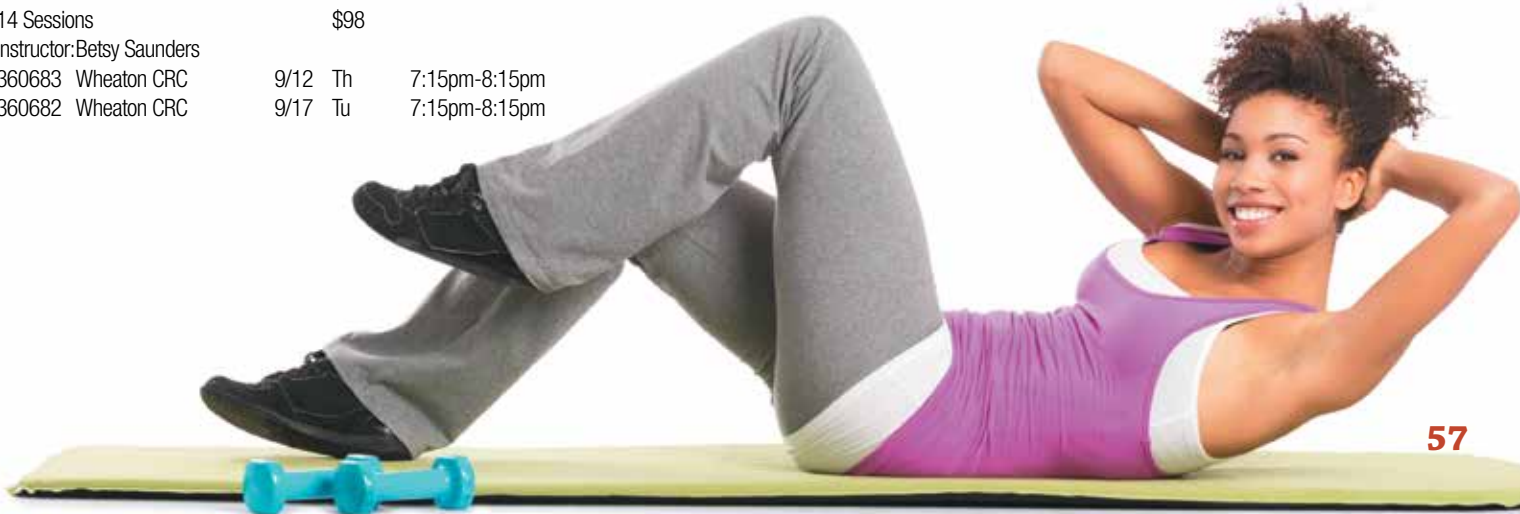
Ages 16 & Up: Set to positive, upbeat music, Movin' with Millie: Aerobics and Exercise is a unique exercise experience, beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercises for toning hips, thighs, abdominals, and gluteals. Program provides flexibility, endurance, and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions? Call Millie at 301-588-3577 or email at mtrimble3@juno.com.

13 Sessions	\$100
Instructor: Mildred Norwood Trimble	
360685 Pilgrim Hills LP	9/20 F 9:30am-10:45am
14 Sessions	\$108
Instructor: Mildred Norwood Trimble	
360684 Pilgrim Hills LP	9/18 W 9:30am-10:45am

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MEDITATION

Meditation Practice

Ages 18 & Up: For those who want to establish a regular non-denominational meditation practice. In each session, we will practice different forms of guided meditation, with short periods of silence woven through and time for reflection afterwards. Meditation techniques will include awareness of thoughts, breath, body, and words or mantras. Some meditation experience is helpful, but not required. Come join us to practice meditation in this peaceful environment. For further information please contact instructor at joy@seeking-peace.com.

6 Sessions	\$54
Instructor: Inc. Joy Rains	
362100 Davis Library	9/12 Th 7:00pm-8:00pm
362101 Potomac CRC	10/23 W 10:00am-11:00am

Meditation and Qigong for Health

Ages 16 & Up (13-15 if accompanied by parent or guardian): Learn the secrets of Qigong and Meditation in this special class. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate your energy. We will use selected Qigong movements to gently stretch and strengthen the body. You will find something here to deepen your practice and enrich your life. This class will feature a gentle workout. No experience required. Class taught by TCCII Instructors. For more info contact TCCII at info@tccii.com.

11 Sessions	\$132
Instructor: Traditional Chinese Culture Institute	
360673 White Oak CRC	9/12 Th 7:30pm-8:30pm

Meditation and Qi Gong

Ages 18 & Up: Beginners: These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. The concept of qi or vital life energy is at the root of Chinese Medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. The graceful movements stretch and massage the acupuncture meridians. Therefore, Qigong is also known as 'acupuncture without the needles.' For more information contact Louise at 301-528-1174 or louiseliu.taichi@gmail.com.

13 Sessions	\$156
Instructor: Louise Liu	
362553 Wisconsin Place CRC	9/13 F 11:00am-12:00pm
14 Sessions	\$168
Instructor: Louise Liu	
362552 White Oak CRC	9/10 Tu 11:30am-12:30pm

MORE FITNESS & WELLNESS

Laughter Fitness

Ages 13 & Up: As we know, laughter is the best medicine, this workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

7 Sessions	\$58
Instructor: Kumud Mathur	
360972 Potomac CRC	9/17 Tu 11:15am-12:00pm

Change Your Mind, Change Your Body

Ages 30 & Up (Women Only): Takes a comprehensive, holistic and very compassionate approach to the struggle of taking the best care of ourselves possible, losing weight and keeping it off. Jody Miller, Registered Clinical Exercise Physiologist, works with participants to achieve weight loss and fitness goals, ultimately reducing the risk of chronic disease and promoting a long and healthy life. Workshop is designed for those who have significant weight to lose as well as those who are trying to maintain a healthy weight. It addresses the needs of every fitness level, with a focus on the health and life issues of women ages 30 & Up. The most unique aspect of the course philosophy is that it takes into consideration individual life circumstances so that every participant can personalize their experience.

12 Sessions	\$375
Instructor: Jody Miller	
360614 Davis Library	9/11 W 12:30pm-1:45pm

Group Personal Training

Ages 14 & Up: For Youth and Adults: Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients, and more. Instructors are Certified Trainers. Questions? Call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net.

4 Sessions	\$70
Instructor: Fred Mosby	
362097 Germantown CRC	9/14 Sa 11:00am-12:00pm
362098 Germantown CRC	10/19 Sa 11:00am-12:00pm
362099 Germantown CRC	11/23 Sa 11:00am-12:00pm



Group Personal Training

HulalaFit!

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Go a little wild and put a new spin on your workout! Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat. For more information, email Jeanne@hulalafit.com or visit www.hulalafit.com.

8 Sessions \$64
Instructor: Jeanne M. Lieder
360668 Bauer Drive CRC 9/12 Th 7:15pm-8:15pm

NEW Kickboxing-By DanceFIT by Mel

Ages 16 & Up: High impact, taekwondo style workout designed to make you sweat and shed those unwanted pounds.

12 Sessions \$84
Instructor: DanceFit by Mel
360666 Bauer Drive CRC 9/10 Tu 4:30pm-5:30pm
360667 Bauer Drive CRC 9/12 Th 4:30pm-5:30pm

Knockout Workout

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's a New Level of Fitness. Knockout Workout blends cardio, sculpt, core and more into a non-stop flow of moves that shed fat, build muscle, and tone the entire body. The twist? Levels. Each exercise starts with basic moves which increase in complexity and intensity as you level up. Go from no-impact basic to high-intensity advanced for a real challenge and real change. It's your workout, your way! Weighted gloves optional. Bring a mat. Questions? Contact Jeanne@koworkout.com or visit www.koworkout.com. Fun...Fitness...Seriously.

5 Sessions \$64
Instructor: Jeanne M. Lieder
360669 Bauer Drive CRC 9/10 Tu 7:15pm-8:15pm

Your Pelvic Floor- Keeping It Healthy

Ages 18 & Up: When you cough, exercise, or laugh, is your bladder in distress? Do you feel you always need to use the bath- room? These are signs of pelvic floor weakness. Your pelvic floor needs strength just like your other muscles to function. Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses the common pelvic floor problems many people experience. Exercise to improve the strength and function of the pelvic floor will be taught. These exercises will include alternatives to kegels. An exercise band and exercise handouts are included in the class fee. For questions email info@restoremotion.com or call 301-881-9313.

1 Sessions \$30
Instructor: Restore Motion
365084 Restore Motion 10/10 Th 11:30am - 1:00pm
365085 Restore Motion 10/23 W 6:30pm - 8:00pm

PILATES

Stability Ball Workout

Ages 16 & Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 240-552-2227 or email at: fmosby@verizon.net.

12 Sessions \$120
Instructor: Fred Mosby
362095 Germantown CRC 9/10 Tu, Th 6:00pm-7:00pm

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

14 Sessions \$96
363910 Kennedy Shriver Aq Ctr 9/7 Sa 8:30am-9:30am



Stability Ball Workout



Don't forget that weight training, stretching, and core body workouts are an important part of any fitness program!

STRENGTH TRAINING & BODY SCULPTING

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs & upper body.

14 Sessions				\$73
Instructor: Wellness Network, Inc.				
364002	Kennedy Shriver Aq Ctr	9/10	Tu	6:30pm-7:20pm
364003	Kennedy Shriver Aq Ctr	9/12	Th	6:30pm-7:20pm

Body Sculpt

Ages 16 & Up: Build strength, increase flexibility, and learn stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Call Karin Baker with questions (240) 207-3091.

13 Sessions				\$91
Instructor: Karin Baker				
360527	Damascus CRC	9/11	W	5:45pm-6:30pm
14 Sessions				\$98
Instructor: Karin Baker				
360526	Damascus CRC	9/9	M	5:45pm-6:30pm

Bone Builders-Plus

Adults: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Questions contact: GettingFitwithJerry@comcast.net.

11 Sessions				\$77
Instructor: Jerry Palazzo				
362103	Jane E. Lawton CRC	9/16	M	10:00am-11:00am
362104	Jane E. Lawton CRC	9/18	W	10:00am-11:00am

BOSU Workout

Ages 16 & Up (13-15 if accompanied by parent or guardian): This workout uses many of the familiar workout elements such as leg raises, lunges, abdominal crunches, push-ups and stretches, however using the BOSU balance trainer gives them a unique twist that will recharge your body and improve your coordination and balance. For more info, contact Fred Mosby at: fmosby@verizon.net or 240-552-2227.

12 Sessions				\$120
Instructor: Fred Mosby				
362096	Germantown CRC	11/5	Tu, Th	6:00pm-7:00pm

Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. Get ready for spring and train like a hurricane! For more information visit: <http://www.category4fitness.com> or contact Tommy @ tommywitz@category4fitness.com.

12 Sessions				\$127
Instructor: Thomas Witz				
362804	Germantown CRC	9/16	M	7:30pm-8:30pm
362805	Germantown CRC	9/18	W	7:30pm-8:30pm
362806	Germantown CRC	9/21	Sa	9:00am-10:00am
24 Sessions				\$254
Instructor: Thomas Witz				
362807	Germantown CRC	9/16	M, W	7:30pm-8:30pm
362809	Germantown CRC	9/16	M, Sa	7:30pm-8:30pm
362808	Germantown CRC	9/18	W, Sa	7:30pm-8:30pm

The Dynamic Ab Challenge for Youth and Adults

Youth ages 6-15 and Adult ages 16 & Up: Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-L@hotmail.com

8 Sessions				\$50
Instructor: Larry Johnson				
362532	Bethesda-CC HS	9/9	M	7:00pm-7:45pm
362529	White Oak CRC	9/10	Tu	7:00pm-7:45pm
362530	Plum Gar CRC	9/12	Th	7:00pm-7:45pm
362533	Kingsview MS	9/13	F	7:00pm-7:45pm
362531	Marilyn J. Praisner CRC	9/21	Sa	12:30pm-1:15pm



The Ultimate Boxing Boot Camp for Youth and Adults

Youth ages 10-15 and Adult ages 16 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-L@hotmail.com

8 Sessions \$83

Instructor: Larry Johnson

362527	Bethesda-CC HS	9/9	M	5:45pm-7:00pm
362523	White Oak CRC	9/10	Tu	5:45pm-7:00pm
362524	Wheaton CRC	9/11	W	5:30pm-6:45pm
362525	Plum Gar CRC	9/12	Th	5:30pm-6:45pm
362528	Kingsview MS	9/13	F	5:30pm-6:45pm
362526	Marilyn J. Praisner CRC	9/21	Sa	11:15am-12:30pm



Boxing Boot Camp

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Body composition (body fat) measurements will be offered at the beginning and end of classes for free. Participants will be able to track their individual progress! Instructor ACE & CPR certified. Questions call Juliet Rodman at: 301-229-7555 or email at Juliet@wellnesscorporatesolutions.com.

28 Sessions \$196

Instructor: Juliet Rodman

360435	Clara Barton CRC	9/3	Tu, Th	9:15am-10:15am
360436	Clara Barton CRC	9/3	Tu, Th	6:30pm-7:30pm

Dynaerobics Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions? Contact Ferhan at FerhanDoyle@aol.com.

24 Sessions \$168

Instructor: Gine Dols

365037	Bauer Drive CRC	9/9	M, W	6:00pm - 7:00pm
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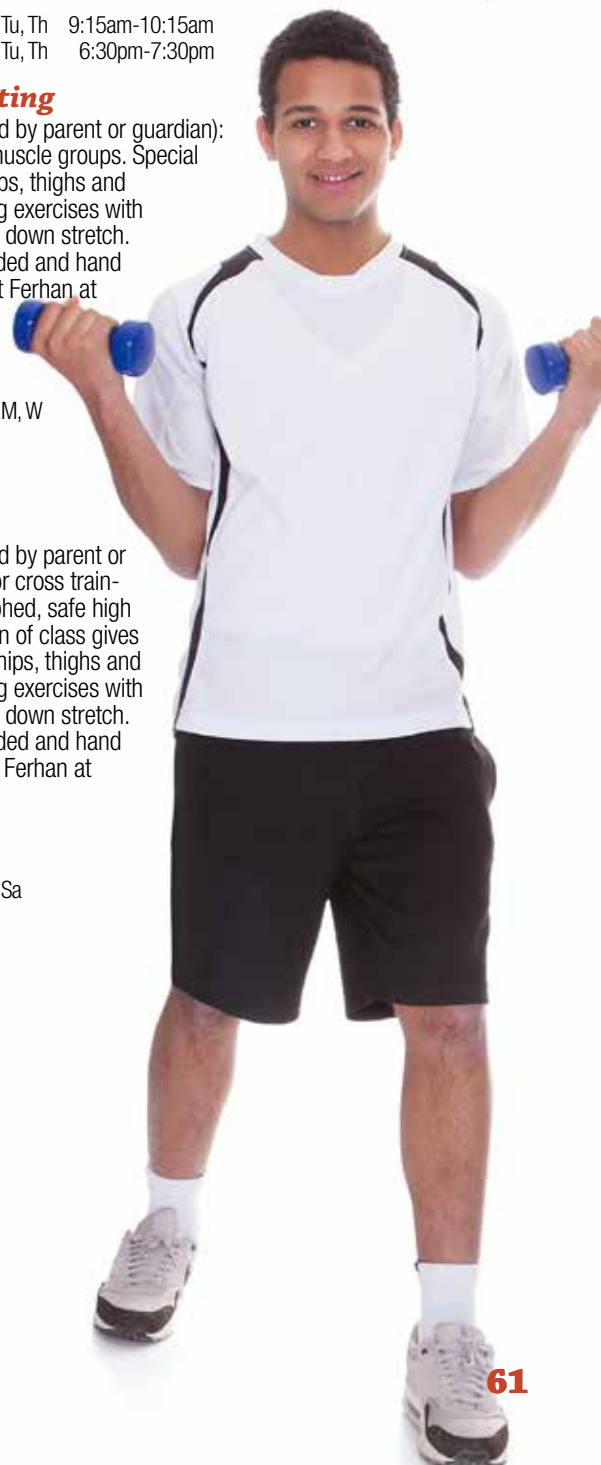
Dynaerobics AND Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30min of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions? Contact Ferhan at FerhanDoyle@aol.com.

12 Sessions \$105

Instructor: Regina Gaither

365184	Bauer Drive CRC	9/21	Sa	10:15am - 11:30am
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TAI CHI

Tai Chi, Beginning

Ages 16 & Up (13-15 if accompanied by parent or guardian): An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth @ 240-676-8428.

9 Sessions		\$90		
Instructor: Andy Schettino				
362079	Bauer Drive CRC	9/9	M	7:00pm-8:00pm
362081	Potomac CRC	9/10	Tu	6:45pm-7:45pm
12 Sessions		\$120		
Instructor: Lon Holland				
362080	Wheaton CRC	9/11	W	7:00pm-8:00pm

Tai Chi, Continuing

Ages 16 & Up (13-15 if accompanied by parent or guardian): Continuing Students Level II.

9 Sessions	\$90		
Instructor: Andy Schettino			
362087 Potomac CRC	9/10	Tu	7:45pm-8:45pm
362085 Bauer Drive CRC	9/9	M	8:00pm-9:00pm
12 Sessions	\$120		
Instructor: Lon Holland			
362086 Wheaton CRC	9/11	W	8:00pm-9:00pm

Tai Chi, Beginning with Miriam

Ages 16 & Up: A Chinese meditative and martial art, offers health benefits for all ages. It reduces stress, builds balance, joint flexibility, strength, and enhances internal health/energy. Come and experience the relaxing and health-building benefits of Tai Chi. Wear loose fitting clothing and flat sole shoes. Questions? Contact Miriam at mdelaglio@hotmail.com.

12 Sessions	\$120			
Instructor: Miriam Delaglio				
362120	Upper County CRC	9/17	Tu	7:00pm-8:00pm

Tai Chi Chuan

Ages 18 & Up: A set of naturally flowing movements performed slowly in a sequence with a spirit of calmness, balance, and awareness. It teaches ways of relaxation and is excellent for stress reduction. Regular practice develops strength and flexibility of the joints, muscles and ligaments, while enhancing the performances of the cardiovascular system with a minimum of strain on the body. Wear comfortable, loose fitting clothing and flat sole shoes. Questions? Contact Jack: jrvivona@yahoo.com.

8 Sessions	\$80			
Instructor: Jack Vivona				
360674	Damascus CRC	9/11	W	8:00pm-9:00pm

Tai Chi Chuan, Intermediate

Ages 16 & Up: Deepen your Tai Chi with new forms and exercises to expand and enrich your practice. This class is open to anyone who successfully completed the basic curriculum and acquired a working knowledge of Chen Tai Chi's 13-posture and 36-posture forms. This class will focus on fine-tuning your forms and on developing some of the more subtle body mechanics involved in the practice of Tai Chi.

9 Sessions	\$132			
Instructor: Traditional Chinese Culture Institute				
360672	Wisconsin Place CRC	9/10	Tu	7:30pm-8:30pm

Tai Chi and QiGong for Mind-Body Connection

Ages 16 & Up (13-15 if accompanied by parent or guardian): Experience Tai Chi, a special combination of Internal Kung Fu and QiGong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and QiGong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com.

11 Sessions	\$132			
Instructor: Traditional Chinese Culture Institute				
360670	Wisconsin Place CRC	9/10	Tu	6:30pm-7:30pm
360671	White Oak CRC	9/12	Th	6:30pm-7:30pm

Tai Chi

Ages 18 & Up: Beginner. Anyone from senior citizens with existing ailments to athletes can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more info contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com

13 Sessions		\$156		
Instructor:Louise Liu				
362547	Germantown CRC	9/12	Th	6:00pm-7:00pm
362546	Wisconsin Place CRC	9/13	F	10:00am-11:00am
14 Sessions		\$168		
Instructor:Louise Liu				
362544	White Oak CRC	9/10	Tu	10:00am-11:00am
362545	Germantown CRC	9/10	Tu	6:00pm-7:00pm

Tai Chi Chuan and QiGong

Ages 18 & Up: Continuing Students & Beginners. These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more info, contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com

12 Sessions				\$180
Instructor:Louise Liu				
362550	Germantown CRC	9/21	Sa	9:30am-10:45am
13 Sessions				\$195
Instructor:Louise Liu				
362549	Germantown CRC	9/12	Th	9:30am-10:45am
14 Sessions				\$210
Instructor:Louise Liu				
362548	Jane E. Lawton CRC	9/11	W	7:15pm-8:30pm



YOUTH CLASSES

Baton 1 Beginner

Ages 4-10: Beginner. Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: zipjld@aol.com

8 Sessions \$50

Instructor: Juli Duda

362091 Clemente, Roberto MS 9/9 M 5:30pm-6:15pm

362092 Damascus CRC 9/11 W 5:00pm-5:45pm

NEW The Total Girl

Ages 11-14: The Total Girl is an enrichment program for girls that will transform their minds, train their bodies, and take control of their lives. A combination of lessons in exercise, nutrition and positive body image. Participants will begin each class with a series of fun cardiovascular dance routines that includes zumba, girls run the world, wobble dance and more. Immediately following the energetic workouts the girls will stretch and participate in interactive health education lessons. The nutrition lesson topics include (nourishing your body, healthy diet VS dieting, portion distortion, powerful foods) fitness topics will include lessons in (assessing fitness, my fitness plan, exercise 101, wellness contract), body image lessons topics include (every Body is beautiful, what I like about me, positive self talk, media distortions) At the end of each session the students will relax as they enjoy guided meditation. Sign up now!!! Spaces are limited. For more information contact Lynette @ 443-558-8342 or LBHealthPro@gmail.com.

8 Sessions \$90

Instructor: Lynette Burrell

362534 Damascus CRC 9/10 Tu 6:00pm-7:30pm

362535 Plum Gar CRC 9/10 Tu 6:30pm-8:00pm

362543 Upper County CRC 9/12 Th 6:00pm-7:30pm



The Total Girl



Online Registration... Anytime! Anywhere!

- Check program availability
- Register for programs and memberships
- Pay your account balance using your VISA or MasterCard





YOGA

Essential Yoga for Beginners

Ages 16 & Up: This is a beginning yoga class that is suitable for new students and students wanting a simpler class. Classes focus on the fundamentals, including posture, alignment, breath and foundational yogic concepts. Perfect for first time and continuing students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at (301) 891-1247 or tijhealth@earthlink.net for more info.

10 Sessions \$100
Instructor: Tamara Johnson
360424 Gwendolyn Coffield CRC 9/12 Th 6:00pm-7:00pm

Evening Yoga

Ages 18 & Up: Beginning and continuing students. Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

12 Sessions \$120
Instructor: Robin Morris
360515 Wisconsin Place CRC 9/18 W 6:15pm-7:15pm

Easy Yoga with Moira Martin

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Bring a mat/towel and wear comfortable clothing. Questions? Call Moira at 301-493-9065.

12 Sessions \$170
Instructor: Moira Martin
360434 Jane E. Lawton CRC 9/12 Th 9:45am-11:00am

Gentle Yoga

Ages 16 & Up (14-15 if accompanied by parent or guardian): For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com.

11 Sessions \$110
Instructor: Irene Bopp
365434 Bauer Drive CRC 9/3 Tu 6:15pm - 7:15pm

Hatha Yoga and Stress Management 2

Age 18 & Up: Intermediate/Advanced. Prerequisite-beginner class with Cooper.

12 Sessions \$156
Instructor: Suzana Cooper
362122 Jane E. Lawton CRC 9/13 F 9:45am-11:00am

Hatha Yoga and Stress Management Beginning/Continuing

Age 18 & Up: Continuing Students & Beginners. Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

10 Sessions \$135
Instructor: Suzana Cooper
362123 Wisconsin Place CRC 9/7 Sa 9:45am-11:00am
12 Sessions \$156
Instructor: Suzana Cooper
362124 Jane E. Lawton CRC 9/11 W 9:45am-11:00am

Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. It will address the needs of anyone who experiences body stiffness or pain, including runners and desk-bound workers. The techniques, learned once, are to be used at home or office. Participants are provided with one body massage ball and a material fee of \$22 paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. The location: Potomac Methodist Church, 9908 South Glen Road. For more info, call Maggie at 301-365-2424, email Maggie@yogaplus.com or visit at: www.yogaplus.com.

1 Sessions \$40
Instructor: Maggie Wong
360678 Yoga Plus-Potomac 9/29 Su 3:00pm-5:00pm
360679 Yoga Plus-Potomac 11/10 Su 3:00pm-5:00pm

Yoga for Stress Relief

Ages 16 & Up: Beginning and continuing students are welcome. Give yourself a mid-week treat with this class through the practice of yoga postures, breath awareness and techniques for calming and focusing your mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at Hannah@HannahLeatherbury.com or 770-712-3179 for further information.

13 Sessions \$182
Instructor: Hannah E. Leatherbury
362114 Long Branch CRC 9/11 W 6:30pm-7:45pm

Vini Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions? Contact Pat at: 301-251-1058.

10 Sessions \$125
Instructor: Pat Miller
362111 Potomac CRC 9/26 Th 9:15am-10:30am
362112 Potomac CRC 9/26 Th 6:30pm-7:45pm

Vini Yoga Intermediate

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, & meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058.

10 Sessions \$125
Instructor: Pat Miller
362113 Potomac CRC 9/23 M 6:30pm-7:45pm

Vini Easy Going Yoga

For Seniors and All Others 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions? Contact Pat at: 301-251-1058.

10 Sessions \$125
Instructor: Pat Miller
362110 Potomac CRC 9/26 Th 10:45am-12:00pm

Yoga Basics

Ages 16 & Up (13-15 if accompanied by parent or guardian): Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket and blocks and straps. Contact the instructor in advance of first class with any questions or to purchase materials: Irene54@aol.com.

10 Sessions \$100
Instructor: Irene Bopp
360431 Marilyn J. Praisner CRC 9/12 Th 10:30am-11:30am
360432 Paint Branch HS 9/12 Th 7:00pm-8:00pm

11 Sessions \$110
Instructor: Irene Bopp
360430 Bauer Drive CRC 9/3 Tu 7:30pm-8:30pm
360433 Mid County CRC 9/4 W 7:00pm-8:00pm

Yoga Fundamentals

Ages 16 & Up: For beginning and continuing students. Enjoy a balanced practice with benefits for your body, mind and spirit. Stretch and tone muscle, release chronic tension, de-stress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions? Contact Nancy at: yogawithnancy@gmail.com.

14 Sessions \$179
Instructor: Nancy Neves
365747 Bauer Drive CRC 9/10 Tu 10:45am - 12:00pm

Yoga for Relaxation

Ages 18 & Up: Beginning and continuing students. Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

12 Sessions \$120
Instructor: Robin Morris
360514 Wisconsin Place CRC 9/18 W 9:30am-10:30am

Yoga for Scoliosis & Healthy Back

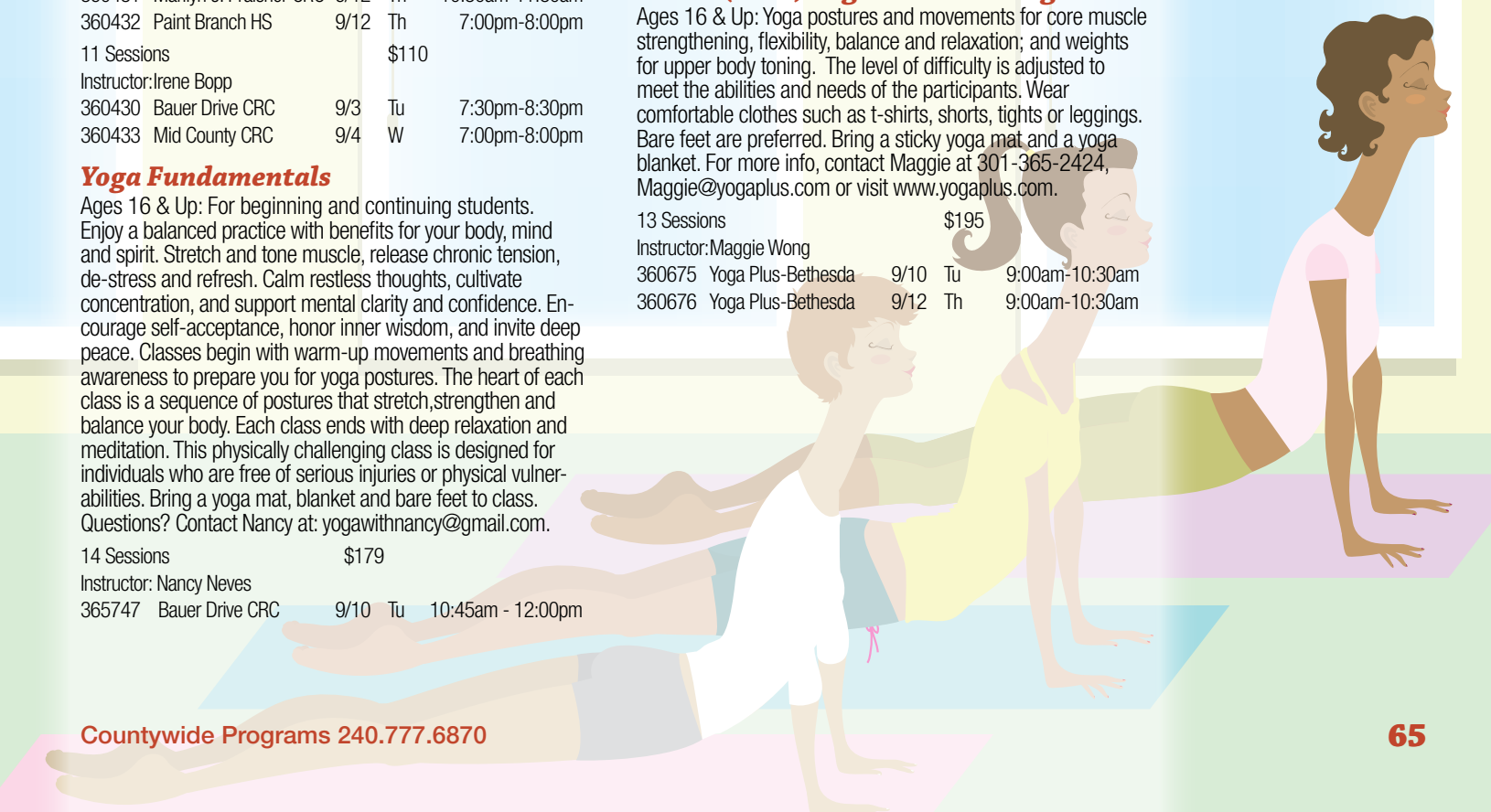
Ages 16 & Up: The instructor, Maggie Wong, knows yoga's healing potential first hand. Diagnosed with scoliosis as a teenager, she uses yoga to manage her condition and to help others. The class is dedicated to strengthening the core muscles (abs and lower back) that are essential for supporting the back. People with scoliosis, back pain, posture issues or desk-bound computer users will benefit from this class. Instruction includes simple exercises for strengthening the body's natural back support structures, addressing inflexibility and pain, and calming the mind. A segment of this class employs the Body Massage Ball, which is a home-based self massage tool to relieve tension and promote relaxation. Wear non-restrictive clothing and bring a yoga mat to class. For more info, contact Maggie at 301-365-2424, Maggie@yogaplus.com or visit www.yogaplus.com.

13 Sessions \$195
Instructor: Maggie Wong
360677 Yoga Plus-Potomac 9/12 Th 7:30pm-9:00pm

Yoga & Weights:**Hatha (Flow) Yoga and Free Weights**

Ages 16 & Up: Yoga postures and movements for core muscle strengthening, flexibility, balance and relaxation; and weights for upper body toning. The level of difficulty is adjusted to meet the abilities and needs of the participants. Wear comfortable clothes such as t-shirts, shorts, tights or leggings. Bare feet are preferred. Bring a sticky yoga mat and a yoga blanket. For more info, contact Maggie at 301-365-2424, Maggie@yogaplus.com or visit www.yogaplus.com.

13 Sessions \$195
Instructor: Maggie Wong
360675 Yoga Plus-Bethesda 9/10 Tu 9:00am-10:30am
360676 Yoga Plus-Bethesda 9/12 Th 9:00am-10:30am





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MARTIAL ARTS

AIKIDO

Aikido Beginning

Ages 12 & Up: Beginner. A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

14 Sessions \$95
Instructor: William Fairweather
360970 Ross Boddy CRC 9/9 M 7:00pm-8:30pm

Aikido Continuing

Ages 12 & Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

15 Sessions \$143
Instructor: William Fairweather
360971 Ross Boddy CRC 9/11 W 7:00pm-9:00pm

Aikido with Ki-Women's Self Defense

Ages 18 & Up: Aikido's gentle movements make it a great choice for women or anyone who isn't large and muscular. Aikido has been described by Yoga Journal as 'The Yoga of Combat' because it embodies principles remarkably similar to the yoga tenets of moving from the body's center, relaxing under pressure, and extending ki (or chi in Chinese). Shin Shin Toitsu Aikido differs from other styles of aikido and other martial arts in its emphasis on training the power of the mind to influence the body and make techniques more flowing and powerful. So practice is not only good for the body, but the mind as well. Because the emphasis is on soft, gentle, but correct movements, you can learn to avoid or subdue an attacker without conflict.

16 Sessions \$60
Instructor:
364027 Bells Mill ES 9/17 Tu, Th 5:00pm-6:30pm

KENDO

Kendo

Ages 12 & Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions? Email: tsir.office@verizon.net.

9 Sessions \$72
Instructor: Shiro Shintaku
360953 Tilden MS 9/19 Th 6:30pm-7:30pm

KARATE/JUJITSU

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CRC, Bauer CRC, Damascus CRC, Praisner CRC, Germantown CRC & Dufief ES, Beginners may attend the later time at all other sites.

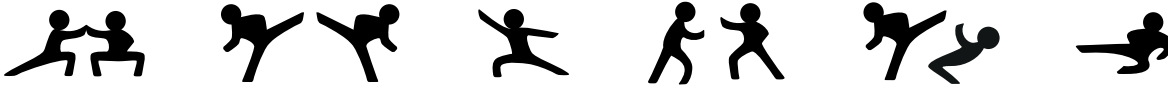
12 Sessions \$65
Instructor: TKA, Inc.
360930 Marilyn J. Praisner CRC 9/19 Th 6:00pm-7:00pm
360931 Marilyn J. Praisner CRC 9/19 Th 7:00pm-8:00pm
360932 DuFief ES 9/19 Th 6:00pm-7:00pm
360933 DuFief ES 9/19 Th 7:00pm-8:00pm
360934 Poole, John MS 9/19 Th 7:00pm-8:00pm
360935 Rolling Terrace ES 9/19 Th 6:00pm-7:00pm
360936 Rolling Terrace ES 9/19 Th 7:00pm-8:00pm
360937 Bethesda ES 9/19 Th 7:00pm-8:00pm

13 Sessions \$71
Instructor: TKA, Inc.
360914 Longwood CRC 9/16 M 7:00pm-8:00pm
360915 Upper County CRC 9/16 M 6:00pm-7:00pm
360916 Upper County CRC 9/16 M 7:00pm-8:00pm
360917 Wheaton CRC 9/16 M 7:00pm-8:00pm
360918 Germantown CRC 9/17 Tu 6:00pm-7:00pm
360919 Germantown CRC 9/17 Tu 7:00pm-8:00pm
360920 Mid County CRC 9/17 Tu 7:00pm-8:00pm
360921 Damascus CRC 9/18 W 6:00pm-7:00pm
360922 Damascus CRC 9/18 W 7:00pm-8:00pm
360923 Clara Barton CRC 9/18 W 7:00pm-8:00pm
360924 Bauer Drive CRC 9/18 W 6:00pm-7:00pm
360925 Bauer Drive CRC 9/18 W 7:00pm-8:00pm
360926 Potomac CRC 9/18 W 6:00pm-7:00pm
360927 Resnik, Judith A. ES 9/18 W 6:00pm-7:00pm
360928 Resnik, Judith A. ES 9/18 W 7:00pm-8:00pm
361314 Potomac CRC 9/18 W 7:00pm-8:00pm
360929 Neelsville MS 9/18 W 7:00pm-8:00pm

Karate Do and Iaido Beginners

Ages 6-13: Tuesdays. Ages 16 & Up: Thursdays. Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com.

13 Sessions \$98
Instructor: Salvador Cortes
361116 Kensington-Parkwood ES 9/10 Tu 7:00pm-8:00pm
361117 Kensington-Parkwood ES 9/12 Th 7:00pm-8:00pm



Karate Do and Iaido II Intermediate

Ages 10 & Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

13 Sessions \$98
Instructor: Salvador Cortes
361118 Kensington-Parkwood ES 9/10 Tu 8:05pm-9:00pm

Iaido

Ages 18 & Up: Japanese Classical Martial Arts are the version of Martial Arts that tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength to put it to the service of our families, schools and community. In the process, by the training, we'll develop confidence, self-assurance and physical strength but also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Questions? Contact Salvador at bskofmc@gmail.com.

13 Sessions \$98
Instructor: Salvador Cortes
361119 Kensington-Parkwood ES 9/12 Th 8:05pm-9:00pm

Karate/Jujitsu Adults

Ages 13-Adult: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

12 Sessions \$87
Instructor: TKA, Inc.
360946 Bethesda ES 9/19 Th 8:00pm-9:30pm
360947 Marilyn J. Praisner CRC 9/19 Th 8:00pm-9:30pm
360948 DuFief ES 9/19 Th 8:00pm-9:30pm
360949 Rolling Terrace ES 9/19 Th 8:00pm-9:30pm
13 Sessions \$94
Instructor: TKA, Inc.
360939 Upper County CRC 9/16 M 8:00pm-9:30pm
360940 Wheaton CRC 9/16 M 8:00pm-9:30pm
360941 Germantown CRC 9/17 Tu 8:00pm-9:30pm
360942 Damascus CRC 9/18 W 8:00pm-9:30pm
360943 Bauer Drive CRC 9/18 W 8:00pm-9:30pm
360944 Potomac CRC 9/18 W 8:00pm-9:30pm
360945 Neelsville MS 9/18 W 8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

11 Sessions \$32
Instructor: TKA, Inc.
360950 Holiday Park Sr Ctr 9/20 F 7:00pm-8:00pm

Karate/Jujitsu Club 2

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

11 Sessions \$50
Instructor: TKA, Inc.
360951 Holiday Park Sr Ctr 9/20 F 8:00pm-9:00pm

Kung Fu Basics-Shaolin

Ages 16 & Up (13-15 if accompanied by parent or guardian): Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting--for example, running shoes NOT recommended). Instructor is a disciple of 34th generation Shaolin Temple monk, Shifu Shi Yan Ming, founder and abbot of the USA Shaolin Temple in New York.

7 Sessions \$52
Instructor: Bess Siegal
361064 Cabin John MS 9/10 Tu 8:30pm-9:30pm
361065 Cabin John MS 11/5 Tu 8:30pm-9:30pm

Vovinam Martial Arts

Ages 6 & Up: Be among the first to learn this exotic martial art. Vietnamese used Vovinam to fight in wars. Vovinam is growing rapidly around the world. Learn to defend using your hands, elbows, kicks, throws, escape & leveraging, joints locks, choke holds, and submissions. Weapons are including knives, swords, machete, staff, axes, folding fan and others. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn. Anybody 6 and older can learn it. Parents can join class with kids too. Each 90 minutes section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course is prepared for real life situations, so you will learn how to fall safely on streets; you will train constantly with partners of different sizes.

13 Sessions \$129
Instructor: Yanni Nguyen
362301 Darnestown ES 9/12 Th 7:00pm-8:30pm
362277 Eastern MS 9/21 Sa 1:00pm-2:30pm
14 Sessions \$139
Instructor: Yanni Nguyen
362293 Plum Gar CRC 9/8 Su 1:00pm-2:30pm
362300 Whetstone ES 9/10 Tu 6:00pm-7:30pm





MARTIAL ARTS

Thunder Taekwondo

Ages 11 & Up : Class is specifically designed to improve the focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop advanced taekwondo techniques, and prepare for the competitive side of Olympic Taekwondo A material fee of \$50 is due on the first day of class.

6 Sessions	\$75
Instructor:Nury Criollo	
363711 Chevy Chase ES	9/13 F 7:00pm-8:00pm
363718 Chevy Chase ES	11/1 F 7:00pm-8:00pm
7 Sessions	\$85
Instructor:Nury Criollo	
363717 Wayside ES	9/4 W 7:00pm-8:00pm
363715 White Oak CRC	9/10 Tu 6:00pm-7:00pm
363719 White Oak CRC	10/29 Tu 6:00pm-7:00pm
363720 Wayside ES	10/30 W 7:00pm-8:00pm

Thunder Taekwondo Kid Dragons

Ages 8-10: This program is specifically designed to improve the child's focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop intermediate taekwondo techniques, and preparing for competitions in order to develop sportsmanship. A material fee of \$50 is due on the first day of class. .

6 Sessions	\$80
Instructor:Nury Criollo	
363724 White Oak CRC	9/9 M 6:00pm-7:00pm
363725 Wayside ES	9/12 Th 6:00pm-7:00pm
363727 White Oak CRC	10/28 M 6:00pm-7:00pm
363728 Wayside ES	10/31 Th 6:00pm-7:00pm
7 Sessions	\$90
Instructor:Nury Criollo	
363723 Chevy Chase ES	9/4 W 5:30pm-6:30pm
363726 Chevy Chase ES	10/30 W 5:30pm-6:30pm

Thunder Taekwondo Little Dragons

Ages 5-7: It is specifically designed to improve the child's focus, motor skills, teamwork, and self-confidence in order to perform daily life task as well as develop beginner taekwondo techniques. A \$50 material fee is due to the instructor on the first day of class.

6 Sessions	\$85
Instructor:Nury Criollo	
363693 Wood MS	9/7 Sa 9:00am-9:30am
363696 Chevy Chase ES	9/13 F 6:30pm-7:00pm
363700 Chevy Chase ES	11/1 F 6:30pm-7:00pm
363699 Wood MS	11/2 Sa 9:00am-9:30am
7 Sessions	\$95
Instructor:Nury Criollo	
363698 Greenwood ES	9/3 Tu 6:30pm-7:00pm
363702 Greenwood ES	10/29 Tu 6:30pm-7:00pm

SCHOOL BREAK & AFTER SCHOOL PROGRAMS

Coach Doug Club Holiday

Ages 3-13: Ages 3 -5 Half Day, Ages 5 -13 Full Day. Your Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to hang out with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, kickball and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. A \$10 material fee is due on first day of camp. Note: Ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

Instructor:Coach Doug Academy, Inc

3 Sessions Half Day	\$60
364025 Cabin John MS	12/23 M, Th, F 9:30am -12:30pm
3 Sessions Full Day	\$115
364026 Cabin John MS	12/23 M, Th, F 9:30am - 3:30pm

Coach Doug Club Holiday Extended Day

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

Instructor:Coach Doug Academy, Inc

3 Sessions AM Care	\$16
365385 Cabin John MS	12/23 M, Th, F 7:00am - 9:30am
3 Sessions PM Care	\$20
365384 Cabin John MS	12/23 M, Th, F 3:30pm - 6:00pm

Let's Cook Class

Ages 5-12: Hands-on cooking classes! During your hands-on experience, The students will receive instruction from our experienced staff who will go over the recipes and techniques needed to create the dishes you'll be working on. A material fee of \$30 is due to the instructor on the first day of class.

5 Sessions	\$195
362551 Potomac ES	9/24 Tu 3:30pm - 4:30pm
362554 Gibbs, William B. ES	9/26 Th 3:30pm - 4:30pm

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TINY TOTS

ARTS AND CRAFTS

Abrakadoodle: Mini-Doodlers

Ages 3-5 years: Our Mini Doodlers gleefully create their own unique masterpieces. Lessons are carefully designed to ignite imagination, foster creativity and develop new skills. Each lesson provides new experiences with paints, watercolors, pastels and other creative tools and materials. A \$40 Materials fee is due to instructor at the first class.

6 Sessions	\$84
Instructor:Abakadoodle	
361401 White Oak CRC	9/18 W 11:00am-11:45am
361403 Potomac CRC	9/19 Th 10:45am-11:30am

Abrakadoodle: Twoosy Doodlers

Ages 20 months-3 years: Our youngest artists get the chance to explore paints, modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills that they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$40 materials fee is due to instructor at first class.

6 Sessions	\$84
Instructor:Abakadoodle	
361398 Wisconsin Place CRC	9/17 Tu 9:45am-10:30am
361422 White Oak CRC	9/18 W 10:00am-10:45am
361399 Potomac CRC	9/19 Th 9:45am-10:30am

Sunday Studio with CREATE

Age 4-6: Young Artists Studio, kids will explore a variety of media in this beginner class that encourages and focuses their natural interest in drawing, painting, and sculpture. Shape, texture, and color will be explored through two and three-dimensional forms. Our artists may be young in this studio class, but we have plenty of room for great big creative ideas! Artists will explore color, shape, and texture through two and three-dimensional projects. Over the course class students will work with pencil, marker, paint, clay, paper and recycled materials. A \$20 material fee is due to instructor at first class.

8 Sessions	\$110
Instructor:Create Art Center	
362267 Create Arts Center	9/29 Su 10:00am-11:00am

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$28 materials fee due to instructor. Adult participation required.

8 Sessions	\$82
Instructor:Abigail Dion	
362268 Potomac CRC	9/23 M 10:15am-11:00am
362269 Germantown CRC	9/24 Tu 10:15am-11:00am
362270 Bauer Drive CRC	9/25 W 10:15am-11:00am
362271 Jane E. Lawton CRC	9/26 Th 10:15am-11:00am
362273 Mid County CRC	9/27 F 10:15am-11:00am
362272 Bauer Drive CRC	9/28 Sa 9:30am-10:15am
362274 Germantown CRC	9/28 Sa 10:15am-11:00am

Young Rembrandts for Tiny Tots

Ages 3½-5: Let Young Rembrandts help prepare your pre-schooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. We provide a nurturing and strong learning environment that expands preschoolers image vocabulary as they draw familiar images. Each session contains all new lessons. Adult Participation not required.

6 Sessions	\$68
Instructor:Young Rembrandts	
362243 Wheaton CRC	9/23 M 10:15am-11:00am
362244 Potomac CRC	9/24 Tu 10:15am-11:00am
362242 Germantown CRC	9/25 W 10:15am-11:00am

Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

8 Sessions	\$80
Instructor:Joan E. Clowes	
361369 Longwood CRC	9/16 M 10:15am-11:00am
361370 Jane E. Lawton CRC	9/17 Tu 10:00am-10:45am
361371 Potomac CRC	9/18 W 10:00am-10:45am
361372 Wisconsin Place CRC	9/27 F 10:15am-11:00am





DANCE

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

10 Sessions				\$100
Instructor: Grace Oleson				
361376	White Oak CRC	9/9	M	3:30pm-4:15pm
361374	Germantown CRC	9/11	W	3:30pm-4:15pm
361375	Wheaton CRC	9/12	Th	3:30pm-4:15pm
361373	Potomac CRC	9/10	Tu	3:30pm-4:15pm

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

10 Sessions				\$90
Instructor: Betsy Saunders				
361377	Long Branch CRC	10/5	Sa	10:15am-11:00am

Bollywood for Tots

Ages 1½-3 and 3-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning Sound track 'Jai Ho' from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334. Ages 1.5-3 class at 11:15am. ages 3-5 class at 5:15/5:30pm only.

7 Sessions				\$105
Instructor: Kumud Mathur				
361365	Potomac CRC	9/17	Tu	5:30pm-6:15pm
361364	Potomac CRC	9/19	Th	11:15am-12:00pm
8 Sessions				\$105
Instructor: Kumud Mathur				
361366	Germantown CRC	9/18	W	5:15pm-6:00pm

Pre-Ballet by Dansez! Dansez!

Ages 2-5: This class introduces students to dance, movement and basic ballet techniques and terminology. Rhythm and coordination are emphasized. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required. Dance outfit is optional and can be purchased at studio for \$53.

10 Sessions				\$100
Instructor: Sabine Philippe				
362245	Dansez! Dansez! Studio	9/16	M	10:00am-10:30am

Pre-Hip Hop by Dansez! Dansez!

Ages 2-5: This is a high energy dance class, fun & Upbeat. It allows your children to move freely, using their own body movement styles. Children participate at their own pace.

10 Sessions				\$100
Instructor: Sabine Philippe				
362260	Dansez! Dansez! Studio	9/20	F	10:00am-10:30am

NEW Pre-Jazz by Dansez! Dansez!

Ages 2-5: This class teaches basic jazz movements and terminology. Rhythm patterns are introduced to improve creativity and encourage development of motor skills and footwork. Dance outfit not required but can be purchased for \$40.

10 Sessions				\$100
Instructor: Sabine Philippe				
362259	Dansez! Dansez! Studio	9/18	W	10:00am-10:30am

NEW Pre-Tap by Dansez! Dansez!

Ages 2-5: This class introduces students to basic tap movement, techniques and terminology. Rhythm and coordination are emphasized. We use a safe method to promote fun and great learning techniques. Tap Shoes are required. Dance outfit required and can be purchased for \$55 on first day.

10 Sessions				\$100
Instructor: Sabine Philippe				
362254	Dansez! Dansez! Studio	9/18	W	11:00am-11:30am

PERFORMING ARTS

Act It Out (Class)

Ages 4-6: Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

8 Sessions				\$104
Instructor: Pooja Chawla				
362292	Potomac CRC	9/25	W	4:30pm-5:15pm
362291	Jane E. Lawton CRC	9/28	Sa	11:15am-12:00pm

Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due at the first class.

8 Sessions				\$104
Instructor: Pooja Chawla				
362289	Potomac CRC	9/24	Tu	10:15am-11:00am
362290	Jane E. Lawton CRC	9/28	Sa	10:15am-11:00am



Act It Out

MORE TINY TOTS

Kinderstunde

Ages 1-5: Spa + Spiel + Bastelei, Lieder + Tanze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate & Up) um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. Beginners to native speakers are welcome! Parent participation required.

6 Sessions \$66
Instructor: Ines Kuperberg
362262 Germantown CRC 10/3 Th 9:45am-10:30am

Little Scientists: Beakers and Brushes

Ages 3-6: Bring your preschooler to this unforgettable workshop where he/she will explore the world of art and science using the natural way kids learn; imagination, exploration, and creation. In Beakers and Brushes, quality children's literature will guide us as we engage in chemistry and art activities. Children will participate in several chemistry experiments to answer questions about their environment. Children will learn the process of art by tactile exploration. \$20 material fee due to instructor. Parent participation not required. Log on to scribblesandworks.com for more info.

5 Sessions \$125
Instructor: Scribbles and Works
361433 Jane E. Lawton CRC 9/23 M 10:00am-11:30am
362664 Jane E. Lawton CRC 11/4 M 10:00am-11:30am
362667 Damascus CRC 11/5 Tu 1:00pm-2:30pm
362668 Longwood CRC 11/6 W 4:00pm-5:30pm
362665 Potomac CRC 11/7 Th 3:30pm-5:00pm
362666 Germantown CRC 11/7 Th 4:00pm-5:30pm
6 Sessions \$135
Instructor: Scribbles and Works
361436 Damascus CRC 9/17 Tu 1:00pm-2:30pm
361437 Longwood CRC 9/18 W 4:00pm-5:30pm
361434 Potomac CRC 9/19 Th 3:30pm-5:00pm
361435 Germantown CRC 9/19 Th 4:00pm-5:30pm

Little Scientists:

Markers & Microscopes

Ages 3-6: Markers and Microscopes. In this fun and hands-on workshop, your preschooler will participate in art and science activities revolving around Biology and Plant Life. Your child will be actively engaged in science experiments to learn about his environment. Children will learn the process of art by tactile exploration. \$20 Material Fee due to instructor. Parent Participation not required. Log on to scribblesandworks.com for more information.

5 Sessions \$125
Instructor: Scribbles and Works
362669 White Oak CRC 11/7 Th 4:00pm-5:30pm
6 Sessions \$135
Instructor: Scribbles and Works
361438 White Oak CRC 9/19 Th 4:00pm-5:30pm

Mad Science:

Sensational Science for Tots

Ages 3-6: In Sensational Science, children will harness heat energy, learn the science behind cotton candy, and explore the properties of both light and color. Your Mad Scientist will experiment with magnets and examine curious optical illusions. Each child will mix chemicals to make their own slime and analyze its properties! Children will get to know their taste buds better and witness a hair-raising demonstration of static electricity! Each hands-on class includes an awesome take-home project and home lab with fun facts and exciting experiments to do with Mom and Dad. A \$30 materials fee is due at first class.

6 Sessions \$119
Instructor: Mad Science
362470 Potomac CRC 9/29 Su 11:00am-11:45am
362474 Bauer Drive CRC 10/1 Tu 10:00am-10:45am
362473 Wisconsin Place CRC 10/9 W 10:00am-10:45am
362471 Plum Gar CRC 10/12 Sa 10:15am-11:00am
362472 White Oak CRC 10/12 Sa 10:15am-11:00am

NEW Mini Passports: World Excursion

Ages 3-5: Join us on an interactive journey, as we grab our photo passports and trek around the world. During our sensory journey we'll explore the sounds, dance, geography, games, art, and stories from countries around the world. Each child will receive an individual photo passport, and create their very own photo journal documenting their exciting new adventure! In addition, children each receive a new stamp for their passport, representative of each country explored. Mini Passport Kidz! will discover Australia, Ghana, Japan, Portugal and India. \$15 materials fee due to the instructor on the first day of class.

8 Sessions \$105
Instructor: Passport Kidz!
362577 Damascus CRC 9/16 M 11:15am-12:00pm
362579 Jane E. Lawton CRC 9/19 Th 11:00am-11:45am

NEW Passport Tots:

All Around The World

Ages 1-3: Join us for a new adventure as we discover and explore the exciting world of music, art, language and movement, from countries around the world. Young explorers are captivated and engaged as they create their own masterpieces and rhythms using the materials and instruments from countries from around the world. Each class is an exciting adventure fusing culture, language, movement, art and music to stimulate both fine and gross motor skills, as well as cognitive development; each child will receive an individual photo passport, and a new stamp for their passport, representative of each country explored. Passport Tots will discover Australia, Ghana, Japan, Portugal and India. \$15 materials fee due to the instructor on the first day of class. Adult participation is required.

8 Sessions \$105
Instructor: Passport Kidz!
362575 Jane E. Lawton CRC 9/19 Th 10:00am-10:45am
362574 Damascus CRC 9/23 M 10:15am-11:00am
362576 Potomac CRC 9/24 Tu 9:15am-10:00am

FIND US FAST ON
YOUR SMARTPHONE





Young Readers: Banana's About Books

Ages 3-5: Through the wonderful world of books, your little one will explore arts and crafts, music, dance, dramatization and more. Each week features a developmentally appropriate book to help foster a love of reading. Creative play activities will introduce math, geography and science while building social skills. A \$20 material fee due to the instructor on the first day of class. Parent participation may be required based on their child's needs. Participant must be 3 to enroll in the class.

6 Sessions				\$90
Instructor: Evelyn Kyere				
362464	Wisconsin Place CRC	9/16	M	10:00am-10:45am
362465	Potomac CRC	9/18	W	11:00am-11:45am
362466	Jane E. Lawton CRC	9/20	F	10:00am-10:45am

NEW Young Readers:

Mommy's Time Off Enrichment Class

Ages 4-6: Need a little time to run a few errands or just give yourself some quiet time, then take advantage of Mommy's Time Off class. Your preschooler will enjoy fun-filled activities based on a different theme each week. Children will be exposed to developmentally appropriate art, literature, and music as they are inspired to become young scholars. It's educational, fun and gives you a little time to relax. Adult participation is not required. A \$20 material fee is due to the instructor on the first day of class.

6 Sessions				\$120
Instructor: Evelyn Kyere				
362467	Germantown CRC	9/16	M	1:30pm-2:45pm
362468	Potomac CRC	9/18	W	1:15pm-2:30pm
362469	Damascus CRC	9/20	F	12:45pm-2:00pm

NEW Luces, Cámara, Español!

Ages 18 months-2 yrs & 3-5 yrs: This class has it all! Children will be fully immersed in the target language; while working on fine and gross motor skills. Classes are composed of a variety of high energy games, sports, obstacle course, experiments and more! They will complete projects and participate in puppetry as well. All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. Parent participation Required for 18 months - 2 years Mommy and Me course.

6 Sessions				\$85
Instructor: Maria Rhoe				
18 months- 2 years				
363762	Plum Gar CRC	9/16	M	10:00am-11:00am
363654	Potomac CRC	9/20	F	9:30am-10:30am
363656	Wisconsin Place CRC	9/21	Sa	9:45am-10:45am
3-5 years				
363655	Potomac CRC	9/20	F	10:45am-11:45am
363658	Wisconsin Place CRC	9/21	Sa	10:45am-11:45am

NEW Thunder Taekwondo Tiny Dragons

Ages 2½-4: It is specifically designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques.

5 Sessions				\$80
Instructor: Nury Criollo				
364039	Potomac CRC	11/4	M	10:30am-11:00am
364036	Bauer Drive CRC	11/7	Th	9:30am-10:00am
364037	Mid County CRC	11/8	F	10:00am-10:30am
6 Sessions				\$90
Instructor: Nury Criollo				
364034	Potomac CRC	9/16	M	10:30am-11:00am
364031	Bauer Drive CRC	9/19	Th	9:30am-10:00am
364035	Longwood CRC	9/19	Th	11:00am-11:30am
364032	Mid County CRC	9/20	F	10:00am-10:30am
364033	Wisconsin Place CRC	9/21	Sa	12:15pm-12:45pm

Tiny Hands Chefs

Ages 3-6: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$32 material fee due to instructor. Adult participation required.

4 Sessions				\$42
Instructor: Abigail Dion				
362276	Potomac CRC	10/7	M	3:00pm-4:00pm



We Want You!

Part-time Staff are needed to lead a wide variety of activities.
Become part of our team! Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages.
Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902

MUSIC

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old & Up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

9 Sessions					\$110
Instructor: Golden School of Music					
361446	Golden School of Music	9/16	M	10:15am-11:00am	
361447	Germantown CRC	9/16	M	10:15am-11:00am	
361448	Wheaton Regional Library	9/16	M	10:30am-11:15am	
361449	Wisconsin Place CRC	9/17	Tu	10:15am-11:00am	
361450	Golden School of Music	9/18	W	10:15am-11:00am	
361451	Gwendolyn Coffield CRC	9/20	F	10:00am-10:45am	
361452	Potomac CRC	9/20	F	10:15am-11:00am	
361453	Golden School of Music	9/21	Sa	10:00am-10:45am	

Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

9 Sessions		\$153	
Instructor: Golden School of Music			
361461	Golden School of Music	9/16	M 12:45pm-1:45pm
361462	Golden School of Music	9/19	Th 5:00pm-6:00pm
361463	Golden School of Music	9/21	Sa 11:00am-12:00pm

Discovering Music-Holiday Style

Ages 1-3: Based on Discovering Music for Toddlers, this class will incorporate holiday songs to go along with the holiday season. Siblings of registered participants; 8 months old & Up, must register and pay class fee. Adult participation required. \$10 material fee due to instructor

3 Sessions				\$42
Instructor: Golden School of Music				
361470	Gwendolyn Coffield CRC	12/6	F	10:00am-10:45am
4 Sessions				\$56
Instructor: Golden School of Music				
361464	Golden School of Music	11/25	M	10:15am-11:00am
361473	Wheaton Regional Library	11/25	M	10:30am-11:15am
361466	Wisconsin Place CRC	11/26	Tu	10:15am-11:00am
361467	Golden School of Music	11/27	W	10:15am-11:00am
363856	Potomac CRC	11/27	W	10:15am-11:00am

Music Together-Montgomery

Ages 0-5: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more info go to www.musictogethermontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please also call 240-777-6870 to let us know you plan to bring a sibling.

10 Sessions					\$180
Instructor:Music Together Montgomery					
361396	White Oak CRC	9/16	M	10:15am-11:00am	
361392	Wheaton-Claridge LP	9/18	W	10:00am-10:45am	
361391	Mid County CRC	9/21	Sa	10:15am-11:00am	
361394	Mid County CRC	9/21	Sa	11:15am-12:00pm	

Music Together with Miri

Ages 0-5: As a family in one of our classes, you and your child will have the opportunity to play musically each week under the guidance of one of our early childhood music specialists. Wiggling, singing, and laughing with your child is so much fun! Each weekly class includes finger plays, singing, chanting, props, small and large movement activities, instrument exploration, play-along jam and free dance. Young children learn through play and experimentation and by watching and listening to the grownups they love. Parents don't need to have music skills-they just need a desire to play and have fun with their children! Award-winning Music Together CDs and Songbook are required for each family at a cost of \$43 payable by cash or check to Music Together with Miri and are due to the instructor at the first class. For more information, go to www.mtwithmiri.com or call the instructor at (301)758-0304. Infants under 8 months may attend free with a paying sibling, but must register.

10 Sessions					\$145
Instructor: Music Together Montgomery					
361382	Longwood CRC	9/10	Tu	10:15am-11:00am	
361381	Damascus CRC	9/11	W	10:15am-11:00am	





PLAYTIME & MOVEMENT

Funfit Tots

A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. A \$5.00 material fee is due to the instructor at the first class. Adult participation required!

Ages 1-2 years

5 Sessions			\$60
362393	Wheaton CRC	11/4 M	9:30am-10:15am
362394	Germantown CRC	11/4 M	10:15am-11:00am
362400	Wisconsin Place CRC	11/7 Th	9:45am-10:30am
362401	Wisconsin Place CRC	11/7 Th	10:30am-11:15am
362402	Mid County CRC	11/7 Th	10:15am-11:00am
362403	Jane E. Lawton CRC	11/8 F	9:45am-10:30am
362404	Tilden MS	11/9 Sa	9:30am-10:15am
6 Sessions			\$72
362302	Wheaton CRC	9/16 M	9:30am-10:15am
362303	Germantown CRC	9/16 M	10:15am-11:00am
362304	Bauer Drive CRC	9/17 Tu	9:30am-10:15am
362312	White Oak CRC	9/17 Tu	10:15am-11:00am
362305	Potomac CRC	9/18 W	9:30am-10:15am
362307	Jane E. Lawton CRC	9/18 W	9:45am-10:15am
362308	Mid County CRC	9/19 Th	10:15am-11:00am
362309	Wisconsin Place CRC	9/19 Th	9:45am-10:30am
362310	Wisconsin Place CRC	9/19 Th	10:30am-11:15am
362311	Jane E. Lawton CRC	9/20 F	9:45am-10:30am
362367	Plum Gar CRC	9/20 F	9:30am-10:15am
362314	Tilden MS	9/21 Sa	9:30am-10:15am
362368	QO Valley Park	9/21 Sa	9:30am-10:15am
362395	Bauer Drive CRC	11/5 Tu	9:30am-10:15am
362397	White Oak CRC	11/5 Tu	10:15am-11:00am
362398	Potomac CRC	11/6 W	9:30am-10:15am
362399	Jane E. Lawton CRC	11/6 W	9:45am-10:15am

Ages 2-3 years

5 Sessions			\$60
362405	Wheaton CRC	11/4 M	10:15am-11:00am
362406	Germantown CRC	11/4 M	11:00am-11:45am
362412	Wisconsin Place CRC	11/7 Th	11:15am-12:00pm
362410	Jane E. Lawton CRC	11/8 F	10:30am-11:15am
362411	Tilden MS	11/9 Sa	10:15am-11:00am
6 Sessions			\$72
362382	Germantown CRC	9/16 M	11:00am-11:45am
362391	Wheaton CRC	9/16 M	10:15am-11:00am
362383	Bauer Drive CRC	9/17 Tu	10:15am-11:00am
362384	Potomac CRC	9/18 W	10:15am-11:00am
362392	Jane E. Lawton CRC	9/18 W	11:15am-12:00pm
362385	Wisconsin Place CRC	9/19 Th	11:15am-12:00pm
362386	Jane E. Lawton CRC	9/20 F	10:30am-11:15am
362387	Plum Gar CRC	9/20 F	10:15am-11:00am
362389	Tilden MS	9/21 Sa	10:15am-11:00am
362407	Bauer Drive CRC	11/5 Tu	10:15am-11:00am
362408	Potomac CRC	11/6 W	10:15am-11:00am
362409	Jane E. Lawton CRC	11/6 W	11:15am-12:00pm

18 months-4 years

5 Sessions			\$60
362419	Mid County CRC	11/7 Th	11:00am-11:45am
6 Sessions			\$72
362369	Bauer Drive CRC	9/17 Tu	11:00am-11:45am
362377	White Oak CRC	9/17 Tu	11:00am-11:45am
362370	Jane E. Lawton CRC	9/18 W	10:30am-11:15am
362379	Potomac CRC	9/18 W	11:00am-11:45am
362380	Mid County CRC	9/19 Th	11:00am-11:45am
362381	Plum Gar CRC	9/20 F	11:00am-11:45am
362372	QO Valley Park	9/21 Sa	10:15am-11:00am
362417	Bauer Drive CRC	11/5 Tu	11:00am-11:45am
362418	Jane E. Lawton CRC	11/6 W	10:30am-11:15am

Funfit Tots-En Español!

Edad 18 meses-4 años: Una actividad llena de diversión que incluye juegos, canciones, cuentos, música, paracaídas, pelotas y mucho más. Un gran entrenamiento para toda la familia. Un requisito es la participación de adultos. Los niños deben estar en edad de caminar. El costo de la clase es por cada niño. El costo incluye todos los materiales. \$5.00 costo de material se debe pagar al instructor el primer día de clases.

5 Sessions			\$60
Instructor: Funfit, Inc.			
362414	Wheaton CRC	11/4 M	11:00am-11:45am
362415	Jane E. Lawton CRC	11/8 F	11:15am-12:00pm
6 Sessions			\$72
Instructor: Funfit, Inc.			
362294	Wheaton CRC	9/16 M	11:00am-11:45am
362295	Jane E. Lawton CRC	9/20 F	11:15am-12:00pm

Funfit Shining Stars

Ages 3-5: Bringing your little ones into the next level of game play through cooperative play, simple instructions, game rules and strategies, your kids will learn to experience a higher level of games with slightly more complexity than our Tots Classes. Recommended for kids that play well on their own without a parent and are respectful to others without aggression. A sample of games & equipment include circle & movement games, tag, ball games, more challenging parachute games, silly dances & hoops, balls, tunnels, balloons, balance beams, parachutes and more. Parents welcome, but not required. Child must be 3 years old at start of class to participate. \$5.00 material fee is due to instructor on first day of class.

5 Sessions			\$60
Instructor: Funfit, Inc.			
362413	Germantown CRC	11/4 M	9:30am-10:15am
6 Sessions			\$72
Instructor: Funfit, Inc.			
362299	Germantown CRC	9/16 M	9:30am-10:15am

Mama Goose on the Loose

Ages 6 mos-36 mos: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more info, go to mamagoose@verizon.net.

5 Sessions			\$50
Instructor: Laura Lunking			
361384	Bauer Drive CRC	9/21 Sa	9:45am-10:30am
8 Sessions			\$80
Instructor: Laura Lunking			
361386	Germantown CRC	9/17 Tu	10:00am-10:45am
361383	Mid County CRC	9/18 W	11:00am-11:45am
361385	Bauer Drive CRC	9/19 Th	9:45am-10:30am

Follow us on Facebook and Twitter!

SPORTS & FITNESS

Coach Doug Pre Wee Wanna Be

Ages 18 mos-36 mos: Boys and girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690.

8 Sessions \$59

Instructor: Coach Doug Academy, Inc

362475	Jane E. Lawton CRC	9/16	M	9:30am-10:15am
362476	Germantown CRC	9/17	Tu	9:30am-10:15am
362477	Bauer Drive CRC	9/18	W	9:30am-10:15am
362478	Potomac CRC	9/19	Th	9:30am-10:15am
362479	Damascus CRC	9/20	F	10:00am-10:45am

Coach Doug Wee Wanna Be

Ages 3-5: Which sports players do your kids pretend to be Boys and Girls and their Moms, Dads or Guardians will be introduced to agility training, soccer, T-ball and lacrosse and other seasonal sports through supervised non competitive play sessions with their Moms, Dads, or Guardian. Each child can participate at his/her own pace. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for more info.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

362480	Jane E. Lawton CRC	9/16	M	10:15am-11:00am
362481	Germantown CRC	9/17	Tu	10:15am-11:00am
362482	Bauer Drive CRC	9/18	W	10:15am-11:00am
362483	Potomac CRC	9/19	Th	10:15am-11:00am
362490	Potomac CRC	9/19	Th	1:30pm-2:15pm
362485	Damascus CRC	9/20	F	10:45am-11:30am
362487	Oakland Terrace ES	9/21	Sa	9:30am-10:15am
362488	Oakland Terrace ES	9/21	Sa	10:15am-11:00am
362489	Cold Spring ES	9/21	Sa	1:15pm-2:00pm

Coach Doug Wee Wanna Be Soccer & Tennis

Ages 3-5: Based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$69

Instructor: Coach Doug Academy, Inc

362555	Jane E. Lawton CRC	9/16	M	11:00am-11:45am
362556	Germantown CRC	9/17	Tu	11:00am-11:45am
362561	Bauer Drive CRC	9/18	W	11:00am-11:45am
362557	Potomac CRC	9/19	Th	11:00am-11:45am
362558	Damascus CRC	9/20	F	11:30am-12:15pm
362559	Cold Spring ES	9/21	Sa	3:30pm-4:15pm

Coach Doug Sports School

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T-ball, lacrosse and more. No Parent Participation required, Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

362562	Jane E. Lawton CRC	9/16	M	4:15pm-5:00pm
362563	Germantown CRC	9/17	Tu	4:15pm-5:00pm
362564	Potomac CRC	9/19	Th	4:15pm-5:00pm
362565	Damascus CRC	9/20	F	4:15pm-5:00pm
362566	Oakland Terrace ES	9/21	Sa	11:00am-11:45am
362567	Cold Spring ES	9/21	Sa	2:00pm-2:45pm

Coach Doug Soccer

Ages 3-6: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

362568	Germantown CRC	9/17	Tu	5:00pm-5:45pm
362569	Potomac CRC	9/19	Th	5:00pm-5:45pm
362570	Damascus CRC	9/20	F	5:00pm-5:45pm
362571	Oakland Terrace ES	9/21	Sa	11:45am-12:45pm
362572	Cold Spring ES	9/21	Sa	2:45pm-3:30pm

UK Elite Petite Soccer

Ages 2-3 and Ages 3-5: A fun guide to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use by all participants. 2-3 year olds parent participation is required.

6 Sessions \$90

Instructor: U.K. Elite

Ages 2-3

361387	Falls Road LP	9/17	Tu	10:00am-10:45am
361390	Wisconsin Place CRC	9/20	F	10:00am-10:45am

Ages 3-5

361388	Falls Road LP	9/17	Tu	11:00am-12:00pm
361389	Wisconsin Place CRC	9/20	F	11:00am-12:00pm



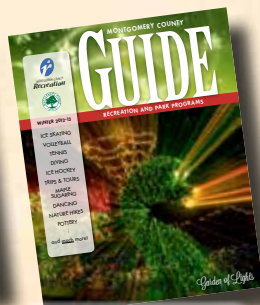


When Is the Guide Available?



**Fall
2013**

August 9, 2013
Registration begins
August 19, 2013



**Winter
2013/2014**

November 11, 2013
Registration begins
November 21, 2013



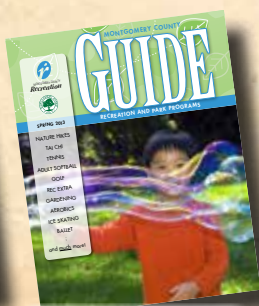
**Summer Camps
2013**

January 10, 2013
Registration begins
January 22, 2013



**Summer
2013**

May 3, 2013
Registration begins
May 13, 2013



**Spring
2014**

January 31, 2014
Registration begins
February 10, 2014

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SPORTS & FITNESS

Challenger Sports Cubs Soccer Program

Ages 2-3: Cubs Program. Program uses soccer as the medium for children to develop their balance, agility, coordination, color recognition and numerical learning along with increasing their confidence and social skills in a fun and relaxed environment.

8 Sessions	\$130
Instructor: Challenger Sports British Soccer	
362278 Olney Family NP	9/10 Tu 10:00am-10:45am
362279 Meadowbrook LP	9/13 F 10:00am-10:45am
362280 Darnestown LP	9/13 F 10:00am-10:45am

Challenger Sports Lil Lions Soccer Program

Ages 4-5: (Lil Lions Program) This class uses soccer as the medium to develop their balance, agility, coordination and color recognition and numerical learning along with increased confidence and social skills in a fun and relaxed environment. These sessions develop the use of right and left foot along with differing foot surfaces for kicking.

8 Sessions	\$130
Instructor: Challenger Sports British Soccer	
362282 Olney Family NP	9/10 Tu 11:00am-11:45am
362283 Meadowbrook LP	9/13 F 11:00am-11:45am
362284 Darnestown LP	9/13 F 11:00am-11:45am

Gymnastics Tumbling Format

Ages 3-5: Beginner. Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions	\$68
Instructor: Denise Schattenberg	
361367 QO Valley Park	9/16 M 11:00am-11:45am
361368 Upper County CRC	9/16 M 1:00pm-1:45pm

Gymnastics-Parent & Child

Ages 2-3½: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions	\$130
Instructor: Gymnastics of America, Inc.	
361378 Gymnastics of America	9/20 F 9:45am-10:30am

Gymnastics-Pre School

Ages 4-6: Tumbling skills such as front & back rolls, cart-wheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions	\$130
Instructor: Gymnastics of America, Inc.	
361379 Gymnastics of America	9/20 F 2:30pm-3:15pm
361380 Gymnastics of America	9/20 F 6:00pm-6:45pm

XCITING XTRAS

DOG OBEDIENCE

Dog Obedience 1: Puppy Kindergarten

Ages: Trainers: 12 & Up/Puppies: 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. No retractable leashes. Questions? Call Wortley Ganoe at 301-946-5645.

8 Sessions \$80
Instructor: Wortley Ganoe
361015 MCR Offices 9/7 Sa 9:30am-10:30am

Dog Obedience 2: Basic

Ages: Trainers: 12 & Up/Dogs: 5 months & Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students will need to practice outside class for best results. All work on lead. No retractable leashes. Call Wortley Ganoe at 301-946-5645.

8 Sessions \$80
Instructor: Wortley Ganoe
361016 MCR Offices 9/7 Sa 10:30am-11:30am

PERFORMING ARTS

Dramatic Kids!

Ages 7-10: This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter! Throughout the class, these fine actors will engage in improvisational theater, acting techniques, & scene work while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

8 Sessions \$115
Instructor: Pooja Chawla
362328 Potomac CRC 9/25 W 5:30pm-6:30pm

Getting Paid To Talk: Voice Acting

Ages 18 & Up: Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. In an effort to ensure a quality class experience, we must limit attendance!

1 Session \$40
Instructor: Voice Coaches
362396 Mid County CRC 10/17 Th 6:30pm-9:00pm

HORSEBACK RIDING

Tiny Tots/Youth Horseback Riding

Ages 4-7: This exciting parent/child class will be an introduction for young children to explore grooming, tacking, saddling, and horseback riding specifically geared for this young age group. The first class provides a basic orientation so there is no riding. Each registered student must have the same adult accompany them each week. Children and adults must wear long pants and hard-soled shoes to every class. To keep a safe environment and minimize distractions only 1 adult may accompany each student and no unregistered siblings may attend.

7 Sessions \$280
Instructor: Camp Olympia
360977 Camp Olympia 9/10 Tu 4:00pm-4:45pm

Young Riders

Ages 8-12: An introduction to horseback riding. Learn how to groom, saddle, stop, start, and steer at the walk and trot with the safety of an adult leading the horse. Horse preparation takes time and is an important part of the instruction. One parent or adult (only) must be prepared to walk beside the horse, and jogging is involved. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes for students or parents, and students/parents without proper footwear and long pants will not be able to participate.

7 Sessions \$280
Instructor: Camp Olympia
360976 Camp Olympia 9/10 Tu 4:45pm-5:30pm

Teens and Adult

Ages 13 & Up: This introductory course is perfect for those who have never ridden, have limited experience, or have not ridden in many years. Course will include grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes, and students without proper footwear and long pants will not be able to participate. Weight limit 200 pounds.

7 Sessions \$280
Instructor: Camp Olympia
363226 Camp Olympia 9/10 Tu 5:30pm-6:15pm





MORE XCITING XTRAS

Etiquette: Minding Your Manners

Ages 5-12: Etiquette provides children with the opportunity to know what to do and when to do it. This class will give children the tools to begin to feel comfortable in all social situations. Being a good sport, giving and receiving compliments, social sensitivity, eye contact, telephone and dining etiquette, body language, listening skills, and more are covered in this fun class that includes hands on activities, role playing and games. Children will receive a snack and drink to practice dining etiquette. \$15 material fee due to instructor at first class.

5 Sessions \$195
Instructor: Global Children's Center
362560 Matsunaga ES 9/25 W 3:30pm-4:30pm

Gemology I Introductory

Ages 18 & Up: Want to know about those gems you have on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Organized around the Mohs' scale of hardness, Gemology I is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

10 Sessions \$97
Instructor: Timothy Morgan
360975 Potomac CRC 9/12 Th 10:00am-12:15pm

Gemology (Advanced)

Ages 10 & Up: Prerequisite: Beginner or Intro Class-Interested in gemstones, but already know a little something about them? Want to learn more? Curious about gemstone lore and stories? This class examines gemstones and gemstone groups. Examples and hands-on specimens to 'play' with each morning. Perhaps a guest speaker, maybe even a field trip.

10 Sessions \$97
Instructor: Timothy Morgan
360973 Potomac CRC 9/11 W 10:00am-12:15pm

LEGO Engineering FUNDamentals

Ages 8-12: Have your child become a Play-Well Engineer! Students explore concepts in physics, architecture, mechanical and structural engineering, from Gear Cars to Battle-tracks. The engineer-designed curriculum challenges new and returning students to reach higher levels of engineering comprehension while having fun.

6 Sessions \$179
Instructor: Play-Well TEKologies
361443 Somerset ES 9/11 W 3:05pm-4:35pm
361454 Westover ES 9/12 Th 3:30pm-5:00pm
361455 Darnestown ES 9/13 F 3:30pm-5:00pm
362246 Wayside ES 10/29 Tu 3:30pm-5:00pm
362249 Carderock Springs ES 10/30 W 3:20pm-4:50pm
362250 Sherwood ES 10/31 Th 3:30pm-5:00pm
362251 Forest Knolls ES 11/8 F 3:05pm-4:25pm

LEGO PRE Engineering

Ages 5-7: Have your child become a Play-Well Engineer! Build cities, bridges, motorized cars and planes. With access to over 100,000 pieces of LEGO? Technic, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

6 Sessions \$179
Instructor: Play-Well TEKologies
361459 Travilah ES 9/9 M 3:30pm-4:30pm
361460 Jones Lane ES 9/10 Tu 3:30pm-4:30pm
362255 Rock View ES 10/28 M 3:05pm-4:25pm

Red Sprinkle Fashion School Fashionista 101

Ages 13-17: Join the colorful and exciting world of fashion by joining this course! Students will gain hands-on tools to exploring the secrets of the fashion industry. Course includes all the tricks of DIY (Do-It-Yourself) to create your own at-home fashionista! Please bring a material fee of material cost \$25 to the instructor on the first day of class.

6 Sessions \$75
Instructor: Red Sprinkle
363657 East County CRC 9/18 W 4:00pm-5:00pm

Red Sprinkle Fashion Blog + Media 101

Ages 12-17: Want to become a fashion icon? Discover your own personal style, and how to create your own business with Fashion Blogs + Media 101. Train with leading professionals in the industry, and learn all about the 'business' of fashion! Finish the course by launching your very own style blog, complete with look books. Photography, media training, and personal styling will be taught in the course. A material fee of \$25 is due to the instructor on the first day of class.

6 Sessions \$75
Instructor: Red Sprinkle
363663 Upper County CRC 9/19 Th 4:00pm-5:00pm

Red Sprinkle-Fashion Style 101

Ages 7-13: Acquire the skills, inspiration, and motivation to pursue your dreams, and become the next star in the fashion industry. Consider Red Sprinkle Fashion Boot Camp as the first 'stitch' in your very stylish future! Learn the secrets of fashion trends and styling, with classes that focus on hands-on training, in a fun environment. Gain all the tools needed to become the next fashion star! A material fee of \$25 is due to the instructor on the first day of class.

6 Sessions \$150
Instructor: Madiana Margao Red Sprinkle
363675 Longwood CRC 9/21 Sa 12:30pm-1:30pm

Red Sprinkle-Runway Hair 101

Ages 12-18: Runway Hair 101 offers a VIP pass to the untouchable world of the beauty industry. Students are exposed to all the latest high fashion hair trends, including fantasy hair, healthy hair care regimens, hair shaping, and, even hair coloring! Hands-on training is done during the duration this course, and students will even work on live models. This class will totally enhance the appearance and self esteem of all participants, and spark their interest into the beauty industry! A material fee of \$25 is due to the instructor on the first day of class.

6 Sessions \$150
Instructor: Red Sprinkle
363674 Good Hope CRC 9/24 Tu 4:00pm-5:00pm



Runway Hair

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The SPORTS *Pages*

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INSTRUCTIONAL SPORTS

BADMINTON

Badminton Beginner/Adv. Beginner

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to instructor.

11 Sessions \$89
Instructor: Gary Chao
360966 Bauer Drive CRC 9/21 Sa 9:30am-10:30am

Badminton Intermediate

Ages 12 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

11 Sessions \$146
Instructor: Gary Chao
360967 Bauer Drive CRC 9/21 Sa 10:30am-12:45pm

Badminton Advanced

Ages 12 & Up: Prerequisite: Intermediate/Advanced Level. Small class instruction. Continued emphasis on learning Advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. \$25 material fee due to instructor.

11 Sessions \$150
Instructor: Gary Chao
360965 Bauer Drive CRC 9/21 Sa 12:45pm-1:45pm

FENCING

Fencing with Mohebban Beginner I

Ages 9 & Up: Beginner Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$20 material fee due to instructor.

10 Sessions \$105
Instructor: Gitty Mohebban
362264 Frost, Robert MS 9/9 M 5:30pm-6:30pm
362265 Clemente, Roberto MS 9/11 W 5:30pm-6:30pm
362266 Parkland MS 9/13 F 5:30pm-6:30pm

Fencing with Mohebban Beginner II

Ages 9 & Up: Advanced Beginner. Curriculum will be student skill dependent. \$20 material fee due to instructor.

10 Sessions \$105
Instructor: Gitty Mohebban
363235 Frost, Robert MS 9/9 M 6:30pm-7:30pm
363236 Clemente, Roberto MS 9/11 W 6:30pm-7:30pm
363237 Parkland MS 9/13 F 6:30pm-7:30pm

Fencing with Mohebban Intermediate

Ages 9 & Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. \$20 material fee due to the instructor.

10 Sessions \$105
Instructor: Gitty Mohebban
363238 Frost, Robert MS 9/9 M 7:30pm-8:30pm
363239 Clemente, Roberto MS 9/11 W 7:30pm-8:30pm

Fencing with Mohebban Practices & Club

Ages 13 & Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$20 material fee due to the instructor.

10 Sessions \$105
Instructor: Gitty Mohebban
363242 Parkland MS 9/13 F 7:30pm-8:30pm

Fencing with Mohebban Mini Sessions

Ages 9 & Up: Curriculum will be student skill dependent.
\$20 material fee due to instructor.

3 Sessions		\$65
Instructor: Gitty Mohebban		
363268 Frost, Robert MS	11/25 M	6:00pm-8:00pm
4 Sessions		\$85
Instructor: Gitty Mohebban		
363269 Clemente, Roberto MS	12/4 W	6:00pm-8:00pm
363270 Parkland MS	12/6 F	6:00pm-8:00pm

FLAG FOOTBALL**i9 Youth Fall Flag Football (Grades K-8)**

Ages 4-12: Flag Football programs that focus on fun, safety, and good sportsmanship. The program will meet Saturdays for 8 weeks of instructional practice and play. Registration Deadline September 1.

8 Sessions		\$145
360414 4 years old	9/7 Sa	9:00am - 4:00pm
360415 5 years old	9/7 Sa	9:00am - 4:00pm
360416 6 years old	9/7 Sa	9:00am - 4:00pm
360417 7 years old	9/7 Sa	9:00am - 4:00pm
360418 8 years old	9/7 Sa	9:00am - 4:00pm
360419 9 years old	9/7 Sa	9:00am - 4:00pm
360420 10 years old	9/7 Sa	9:00am - 4:00pm
360421 11 years old	9/7 Sa	9:00am - 4:00pm
360422 12 years old	9/7 Sa	9:00am - 4:00pm

FIELD HOCKEY**Koa Sports Girls Field Hockey Clinic**

Ages 6-13: Join Koa Sports League's experienced field hockey coaches for a 7 week skills clinic for 2nd-7th grade girls. Players will meet for one hour on Saturdays to work on skills and drills plus scrimmage opportunities. Great for beginners or players with experience, the clinic will focus on fun, safety, and good sportsmanship. All players will need an outdoor stick, shin guards and a mouthguard. Field hockey approved eyewear is optional. Program will meet in the upper county area.

7 Sessions		\$125
364165 2nd & 3rd Grades	9/7 Sa	9:00am - 10:15am
364166 4th & 5th Grades	9/7 Sa	9:00am - 10:15am
364167 6th & 7th Grades	9/7 Sa	9:00am - 10:15am

MORE SPORTS**Gymnastics-Girls and Boys**

Ages 7-12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

7 Sessions		\$135
Instructor: Gymnastics of America, Inc.		
362261 Gymnastics of America	9/20 F	7:00pm-8:00pm

SOCCER**Challenger Sports****Player Development Soccer**

Ages 5-9: Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games.

8 Sessions		\$130
Instructor: Challenger Sports British Soccer		
361429 Olney Family NP	9/10 Tu	5:00pm-6:00pm
361432 Plum Gar CRC	9/11 W	5:00pm-6:00pm
361430 Meadowbrook LP	9/13 F	5:00pm-6:00pm
361431 Darnestown LP	9/13 F	5:00pm-6:00pm

SPORTS SKILLS**Cheerleading**

Ages 6-9: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self-esteem, coordination, and team work. Poms will be supplied for use at class.

7 Sessions		\$98
Instructor: Lori Zagami		
362573 Olney ES	9/24 Tu	5:00pm-6:00pm

Cheerleading by One on One

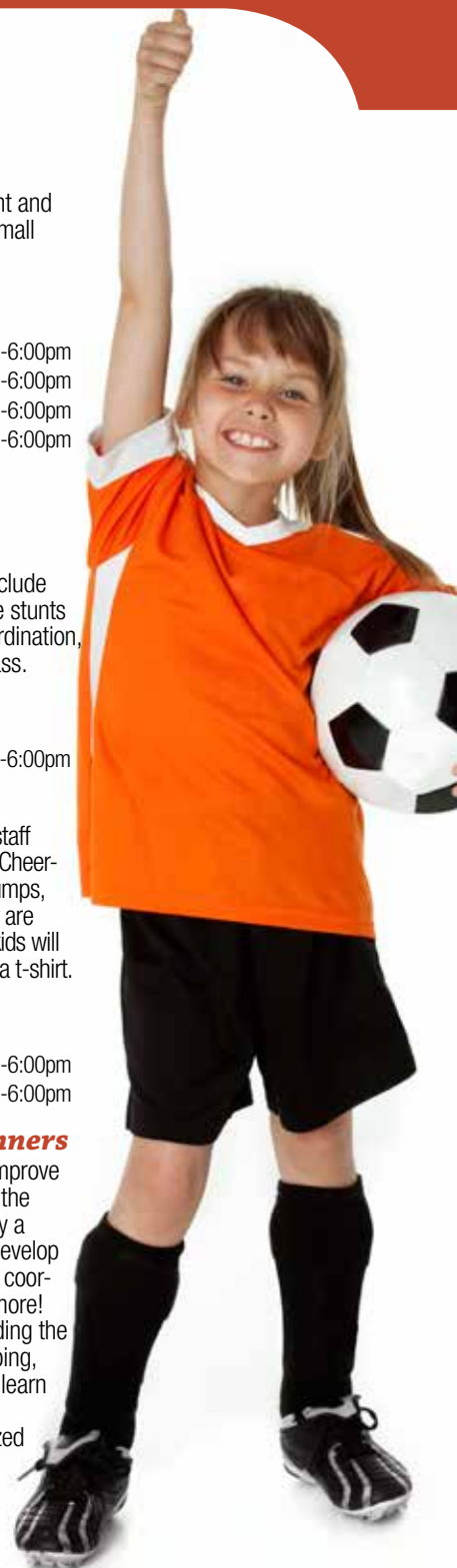
Ages 5-12: One-on-One's experienced Cheerleading staff provides a fun and positive introduction to the sport of Cheerleading! Children will work on cheer dance motions, jumps, posture, flexibility and conditioning. Friends and family are invited to attend the session-ending Pep Rally, where kids will showcase their new-found talent. Each child receives a t-shirt.

10 Sessions		\$120
Instructor: Inc One on One Basketball		
363853 Greenwood ES	9/17 Tu	5:00pm-6:00pm
362420 Potomac CRC	9/19 Th	5:00pm-6:00pm

Table Tennis Beginners/Adv. Beginners

Ages 7-12: Come and learn to play table tennis or improve your table tennis skills from professional coaches at the Maryland Table Tennis Center. Table tennis is not only a fun and safe way to exercise, but it also helps kids develop quickness & agility, and improve their hand-and-eye coordination, concentration, mental strength and much more! The class will cover all aspects of table tennis, including the strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork, and serving. Students will also learn the rules and about the various types of equipment. Classes will be roughly 2/3 instructional, 1/3 organized games. Material fee of \$10 due to the instructor in the first day of class.

9 Sessions		\$148
Instructor: Wen Maryland Table Tennis Center		
362366 MD. Table Tennis Center	9/12 Th	6:00pm-7:00pm
364045 MD. Table Tennis Center	9/21 Sa	9:30am-10:30am





BASKETBALL

Coach Rich Basketball For Ages 6-8

Ages 6-8: This program for boys and girls is appropriate for all experience and skill levels. Many young players are overwhelmed by the speed and complexity of basketball. This program will teach basketball as a game of specific fundamentals, each with its own name, technique and purpose. Each one-hour class is divided into two, 30-minute halves. The first half of each class will be a specific fundamental skill-building component, with drills and activities designed to teach and develop these primary building blocks. The second half of each class will be live play, allowing players to apply these fundamentals within real game scenarios. This program equally combines fundamental instruction with live game action!

10 Sessions \$140

Instructor: Rich Sandler

360968 Plum Gar CRC 9/18 W 6:00pm-7:00pm

Coach Rich Basketball For Ages 9-11

Ages 9-11: This program is the next step for players that have at least some experience and conceptual understanding of basketball; however, this program is absolutely appropriate for all skill levels. Each one-hour class is divided into two components. The first component will focus on fundamental skill building, and the second will be non-stop live game play! Players will be coached on the primary as well as the 'next level up' skills and fundamentals. Additionally, live game play time will increase as this program progresses.

10 Sessions \$140

Instructor: Rich Sandler

360969 Plum Gar CRC 9/18 W 7:00pm-8:00pm

MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork.

6 Sessions \$90

Instructor: Jazz Perazic's MD Sports

362542 Bells Mill ES 9/16 M 3:30pm-4:45pm

362540 Olney ES 9/18 W 3:30pm-4:45pm

362541 Kensington-Parkwood ES 9/20 F 3:05pm-4:20pm

MD Sports All Star Skills Clinic

Ages 8-17: Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions \$150

Instructor: Jazz Perazic's MD Sports

362536 Kingsview MS 9/20 F 7:00pm-9:00pm

MD Sports Rim Rockers

Ages 7-9: Introductory basketball course. Lower baskets will be used. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. This MD Sports class is sure to leave every child with a smile. Participants will receive a T-shirt and a participation award.

6 Sessions

\$90

Instructor: Jazz Perazic's MD Sports

362537 Oakland Terrace ES 9/19 Th 6:00pm-7:00pm

One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions

\$100

Instructor: Inc One on One Basketball

361416 Wisconsin Place CRC 9/16 M 4:00pm-5:00pm

361424 Clarksburg ES 9/16 M 4:00pm-5:00pm

361421 Rosemary Hills ES 9/17 Tu 3:45pm-4:45pm

361417 Wayside ES 9/18 W 3:30pm-4:30pm

361418 McAuliffe, S. Christa ES 9/18 W 3:05pm-4:05pm

361414 Greenwood ES 9/19 Th 3:05pm-4:05pm

361419 Sligo Creek ES 9/19 Th 3:30pm-4:30pm

361415 Potomac ES 9/20 F 3:30pm-4:30pm

361420 Woodlin ES 9/20 F 3:15pm-4:15pm

361423 Bethesda ES 9/20 F 3:05pm-4:05pm

Player Development Program (PDP)

Progressive Skills clinics are divided by age and ability. The early classes are ages 6-8 & the later classes are ages 8-10. The Player Development Program is a breakthrough concept in basketball training. Each player is evaluated at the first session to ensure they are participating at the correct color-level for their current ability. The Player Development Program is the best choice for aspiring basketball players because progressive and proven curriculum is used by top-level One on One coaches. Each Player receives a personal player evaluation and must master curriculum to make it to the next color level.

6 Sessions

\$125

Instructor: Inc One on One Basketball

361425 White Oak CRC 9/21 Sa 12:00pm-1:00pm

361426 White Oak CRC 9/21 Sa 1:00pm-2:00pm

361427 Plum Gar CRC 9/28 Sa 10:00am-11:00am

361428 Plum Gar CRC 9/28 Sa 11:00am-12:00pm

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INSTRUCTIONAL WINTER BASKETBALL (K-2)

This non-competitive league for beginners emphasizes basic skills and fundamentals of basketball, fun and good sportsmanship. Teams are assigned to the closest available gym. Includes four practices at the location and time you are placed and four low key scrimmages. Scrimmages may be played at alternate sites, at varying times, but on the assigned day.

Players who register as individuals will be assigned to teams as space allows. Placement of individuals is contingent on sufficient registrations to form a team and recruitment of a volunteer coach.

To register a preformed team, you must call 240-777-6870 for a coach's packet, or visit at montgomerycountymd.gov/rec then submit an official roster with registration forms and payment for a minimum of 8 and a maximum of 12 players from the same private school or MCPS elementary school district, and a volunteer coach. NOTE: MCR reserves the right to add players to rosters.

After teams have been formed, coaches will contact players on/or before the first practice of the season to confirm location and time.

Practices begin the weekend of January 4 & 5, 2014.

FEE: \$80.00 Per Player (County residents)

\$95.00 (Non-County residents)

Fee includes eight one-hour sessions, team shirt and individual trophy.

Instructional teams may be scheduled hourly as follows:

Saturdays: 9:00am-6:00pm

Sundays: 12:00pm-6:00pm

Kindergarten

364842	Boys	Saturday	North
364845	Boys	Saturday	West
364854	Boys	Saturday	East
364840	Girls	Saturday	North
364843	Girls	Saturday	West
364852	Girls	Saturday	East

1st Grade

364834	Boys	Saturday	North
364835	Boys	Saturday	West
364836	Boys	Saturday	East
364841	Boys	Sunday	West
364837	Girls	Saturday	North
364838	Girls	Saturday	West
364839	Girls	Saturday	East
364844	Girls	Sunday	West

2nd Grade

364846	Boys	Saturday	North
364847	Boys	Saturday	West
364848	Boys	Saturday	East
364853	Boys	Sunday	West
364849	Girls	Saturday	North
364850	Girls	Saturday	West
364851	Girls	Saturday	East
364855	Girls	Sunday	West

***North:**
Poolesville, Germantown,
Gaithersburg, Damascus, etc.

***West:**
Potomac, Bethesda,
Chevy Chase, North Potomac,
Kensington, Rockville, etc.

***East:**
Silver Spring, Wheaton,
Briggs Chaney, Olney,
Burtonsville, etc.



YOUTH WINTER BASKETBALL (GRADES 3-8)

Separate leagues for boys and girls for each grade. Team standings are not recorded in 3rd & 4th grade leagues. Minimum playing time for 3rd thru 6th grade, two quarters, 7th and 8th grade one quarter minimum.

Program emphasis is on skill development, fundamental strategy and sportsmanship. Players who register as individuals will be assigned to a beginner team closest to their school or neighborhood, as space allows.

Placement of individuals on a team is contingent upon sufficient registration to form a team and recruitment of a volunteer coach. Individual registrants will be not notified of placement after registration deadline, November 8, 2013.

Registration deadline: NOVEMBER 8, 2013. (Note: MCR reserves the right to add players to rosters with less than the maximum). After teams have been formed, coaches will contact players on or before DECEMBER 2, 2013 to announce practice schedules and locations. All teams practice once a week (weekdays only).

Teams may have no more than 3 players on their roster who participate on any select team, including Rising Stars (MCPS middle school basketball players are exempt).

Games begin the weekend of JANUARY 11, 2014.

Please Note: For each league, a player must be enrolled in at least the lowest grade listed. Players may "play up" one grade when they meet the minimum requirements. Example: A 4th grade student may register in the 5th grade league; however, players may not register in a league below their grade level. Players may register for only one MCR league, except as noted. Players may not wear (or cover over) jewelry of any type.

3rd Grade-5th Grade
6th Grade-8th Grade

\$80 per player (\$95 NR)
\$95 (\$110 NR)

Down County-Bethesda

364199	Boys	3rd Grade	Sunday
364201	Boys	4th Grade	Sunday
364203	Boys	5th Grade	Sunday
364205	Boys	6th Grade	Sunday
364207	Boys	7th Grade	Sunday
364209	Boys	8th Grade	Sunday
364200	Girls	3rd Grade	Saturday
364211	Girls	3rd Grade	Sunday
364202	Girls	4th Grade	Saturday
364212	Girls	4th Grade	Sunday
364204	Girls	5th Grade	Saturday
364206	Girls	6th Grade	Sunday
364208	Girls	7th Grade	Sunday
364210	Girls	8th Grade	Saturday

Down County-Potomac

364213	Boys	3rd Grade	Saturday
364215	Boys	4th Grade	Saturday
364217	Boys	5th Grade	Saturday
364219	Boys	6th Grade	Saturday
364221	Boys	7th Grade	Sunday
364223	Boys	8th Grade	Saturday
364214	Girls	3rd Grade	Saturday
364216	Girls	4th Grade	Saturday
364218	Girls	5th Grade	Saturday
364220	Girls	6th Grade	Saturday
364222	Girls	7th Grade	Sunday
364224	Girls	8th Grade	Saturday

Mid/East County

364225	Boys	3rd Grade	Saturday
364227	Boys	4th Grade	Saturday
364229	Boys	5th Grade	Saturday
364231	Boys	6th Grade	Saturday
364233	Boys	7th Grade	Saturday
364235	Boys	8th Grade	Saturday
364226	Girls	3rd Grade	Saturday
364228	Girls	4th Grade	Saturday
364230	Girls	5th Grade	Saturday
364232	Girls	6th Grade	Saturday
364234	Girls	7th Grade	Saturday
364236	Girls	8th Grade	Saturday

Upper/East County

364237	Boys	3rd Grade	Saturday
364239	Boys	4th Grade	Saturday
364241	Boys	5th Grade	Saturday
364243	Boys	6th Grade	Saturday
364245	Boys	7th Grade	Saturday
364247	Boys	8th Grade	Saturday
364238	Girls	3rd Grade	Saturday
364240	Girls	4th Grade	Saturday
364242	Girls	5th Grade	Saturday
364244	Girls	6th Grade	Saturday
364246	Girls	7th Grade	Saturday
364248	Girls	8th Grade	Saturday

Upper/West County

364188	Boys	3rd Grade	Saturday
364190	Boys	4th Grade	Saturday
364192	Boys	5th Grade	Saturday
364194	Boys	6th Grade	Saturday
364196	Boys	7th Grade	Saturday
364198	Boys	8th Grade	Saturday
364187	Girls	3rd Grade	Saturday
364189	Girls	4th Grade	Saturday
364191	Girls	5th Grade	Saturday
364193	Girls	6th Grade	Saturday
364195	Girls	7th Grade	Saturday
364197	Girls	8th Grade	Saturday

Elementary students will play in the region based on their middle school cluster.

* Down County-Bethesda includes N. Bethesda MS, Pyle MS, Tilden MS, and Westland MS.

* Down County-Potomac includes Cabin John MS, Frost MS, and Hoover MS.

* Mid /East County includes Argyle MS, Banneker MS, Briggs Chaney MS, Eastern MS, Farquhar MS, Key MS, Lee MS, Loiderman MS, Newport MS, Parkland MS, Rosa Parks MS, Redland MS, SSI, Sligo MS, Takoma Park MS, White Oak MS and Wood MS.

* Upper/East County includes Baker MS, Damascus MS, Gaithersburg MS, Neelsville MS, Rocky Hill MS and Shady Grove MS.

* Upper/West County includes Clemente MS, Kingsview MS, MLK MS, Montgomery Village MS, Poole MS, and Ridgeview MS.

HIGH SCHOOL WINTER BASKETBALL

Practices begin December 2 and Games begin weekend of January 11, 2014.

Each League will have an intermediate and advanced division. Teams must play in the grade level of their oldest player. Please indicate on your registration form the grade level of your team, boys or girls, intermediate or advanced. The league director reserves the right to place a team in the appropriate division based on last year's record.

Intermediate Level - Finished below 500 the prior season - one or less select players on roster.

Advanced Level - Finished above 500 the prior season - no more than 3 select players on roster.

FEES: \$800 per team / Non-County fee \$920 (50% of roster lives out of county) The fee includes 2 IAABO officials for 8 games, practice, game shirts, staff, and the facility for games, awards and game equipment.

GAME DAYS

Saturdays (9am-6pm) All Girls Leagues • Boys: 10th and 12th Grade
Sundays (12pm-6pm) Boys: 9th and 11th Grade

REGISTRATION

All team registration forms and full payment with roster must be in Montgomery County Recreation's Registration Office no later than Friday, November 8, 2013. The following items are required:

A. Team Registration Form - all pertinent information must be filled out including detailed information on the main contact and a phone number for a 2nd adult from the team. You can also use the form to pay the league fee by credit card.

B. Roster - Please fill out the roster and return it to the league office. Practices times will be given out after your roster and registration forms are received. Additions and or deletions can be made to this roster before the 3rd game.

C. Individual Player Registration Forms - each player must have a registration form completed and signed by their parent. The registration form must be in the league office before that player can participate in a league game.

D. Standards for Spectator Behavior - both parents and or guardians must carefully read this information and sign on the bottom of the document. The form must be in the league office before the player can participate in a league game.

LEAGUE RULES AND ELIGIBILITY

(Teams that play in the advanced division may have no more than 3 select players on their roster. A minimum of 8 players are required to have a team with a maximum of 12)* A select player plays on a team with tryouts - school JV or Varsity. No jewelry of any kind may be worn during the game.*

Intermediate

364171	Girls	9th Grade
364172	Boys	9th Grade
364175	Girls	10th Grade
364176	Boys	10th Grade
364179	Girls	11th Grade
364180	Boys	11th Grade
364183	Girls	12th Grade
364184	Boys	12th Grade

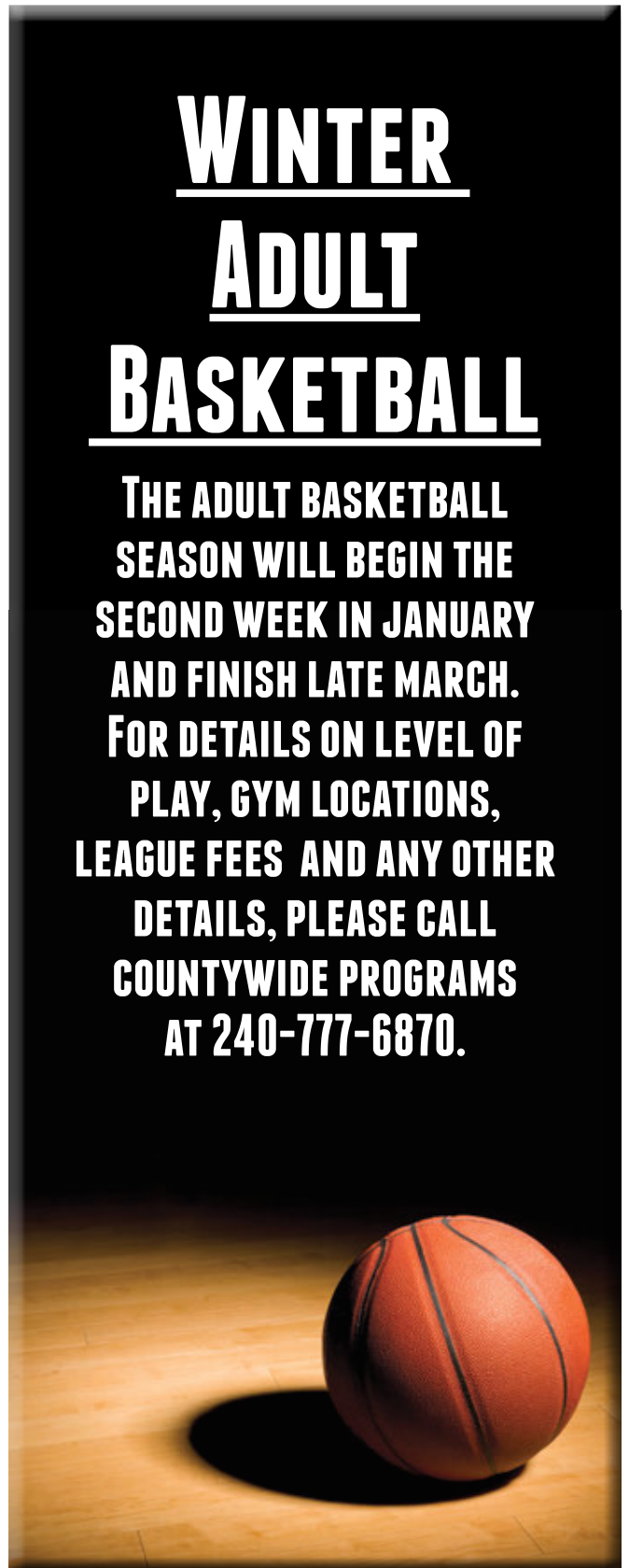
Advanced

364173	Girls	9th Grade
364174	Boys	9th Grade
364177	Girls	10th Grade
364178	Boys	10th Grade
364181	Girls	11th Grade
364182	Boys	11th Grade
364185	Girls	12th Grade
364186	Boys	12th Grade



**WINTER
ADULT
BASKETBALL**

**THE ADULT BASKETBALL
SEASON WILL BEGIN THE
SECOND WEEK IN JANUARY
AND FINISH LATE MARCH.
FOR DETAILS ON LEVEL OF
PLAY, GYM LOCATIONS,
LEAGUE FEES AND ANY OTHER
DETAILS, PLEASE CALL
COUNTYWIDE PROGRAMS
AT 240-777-6870.**





Active Adult Programs 55+

FALL 2013

Montgomery County Recreation has many diverse ways for adults to be active, whether working, semi-retired or fully retired. From full service senior center's to extensive trips, to our Countywide Senior Sneakers Fitness Program, the opportunities are bountiful. Include our programs and activities in your fall line up!

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4980 for more information.

DAMASCUS SENIOR CENTER

M-W & F: 9:00am-2:00pm, Th 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

HOLIDAY PARK SENIOR CENTER

M-F: 8:45am-4:00pm
3950 Ferrara Drive, Wheaton
240-777-4999

LONG BRANCH SENIOR CENTER

M-F: 10:00am-2:00pm
8700 Piney Branch Road, Silver Spring
240-777-6975

MARGARET SCHWEINHAUT SENIOR CENTER

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

WHITE OAK SENIOR CENTER

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944
(Nutritional Lunch on M, W, F)

55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult Programs in the late 1950's, before there were five-day a week senior centers. Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make lasting friendships. We offer programs at least two days per week at the sites listed below.

We are excited about growing at these locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our programs are diverse and offer exciting activities for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs and events. Montgomery College Lifelong Learning classes offer everything from lectures on current events to Art History and Art Appreciation classes at a number of locations.

Check us out at any of our locations. We're sure to have something for everyone! Our locations, days & times include:

Bauer Drive Seniors

Mon. & Wed. 10:00am-2:00pm
Bauer Drive Community Recreation Center
14625 Bauer Drive
Rockville, MD 20853
240-777-6922

Bethesda/Chevy Chase Seniors

Mon. & Wed. 10:00am-2:00pm
Jane E. Lawton Community Recreation Center
4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

Clara Barton Seniors

Mon. & Wed. 10:00am-2:00pm
Clara Barton Neighborhood Recreation Center
7425 MacArthur Blvd.
Cabin John, MD 20818
240-777-4910

Clarksburg Seniors**

Community of Faith United Methodist Church
22420 Frederick Road
Clarksburg, MD 20871
301-916-3899

Coffield Seniors

Tues., Wed. & Thurs. 10:00am-2:00pm
Gwendolyn Coffield Community Recreation Center
2450 Lyttonville Road
Silver Spring, MD 20910
240-777-4900

*The Wednesday program is a partnership with the Jewish Community Center and MCR. Lunch is available on Wednesdays only by calling 301-230-3751 for reservations.

East County Seniors* +

Tues. & Fri. 10:00 am-2:00pm
East County Community Recreation Center
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8093

Germantown Seniors+

Mon. & Thurs. 10:00am-2:00pm
Germantown Community Recreation Center
18905 Kingsview Road
Germantown, MD 20874
240-777-8098

Longwood/Olney Seniors

Mon. & Wed. 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Mid-County Seniors*

Tues. & Thurs. 10:00am-2:00pm
Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Plum Gar Seniors

Tues. & Fri. 10:00am-2:00pm *Beginning Late Sept.*
Plum Gar Community Recreation Center
19561 Scenery Drive
Germantown, MD 20876
240-777-4919

Potomac Seniors

Tues. 10:00am-2:00pm & Fri. 10:00am-1:00pm
Potomac Community Recreation Center
11315 Falls Road
Potomac, MD 20854
240-777-6960

Praisner Seniors* +

Tues. & Thurs. 10:00am-2:00pm
Marilyn J. Praisner Community Recreation Center
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

Ross Boddy/Sandy Spring Seniors* +

Wed. & Thurs. 10:00am-2:00pm
Ross Boddy Community Center
18529 Brooke Road
Sandy Spring, MD 20860
240-777-8050

+ Limited transportation available on program meeting days.

* Includes a nutrition lunch program on meeting days.

** This program is in partnership between MCR and the Community of Faith UMC.



55+ ACTIVE ADULT PROGRAMS

The Department of Recreation offers a variety of classes, programs, and special events, at twelve community center locations throughout the county. (Please see our locations page). Here is a sampling of the many programs we will be offering this fall. Please call the center for more information.

CLARA BARTON COMMUNITY CENTER

7425 MacArthur Boulevard
Cabin John, MD 20818
240-777-4910

The Clara Barton Senior Sensations meet each Monday and Wednesday from 10:00am - 2:00pm. We are a FREE service for active adults to meet and discuss their mutual interests. Join us for coffee, tea, snacks and chit chat with fellow Sensations and staff. Clara Barton active adults enjoy museum trips, picnics, walks in the historic neighborhood, casino day, luncheons, entertainment, monthly birthday parties, holiday parties and chair exercises. Expert speakers discuss world travel, Wills and Estates, safety in your home and outside, how to write your biography and additional subjects requested by the Sensations. Special aerobic and weight training exercise for seniors are provided for a nominal fee by Suburban Hospital.

Senior Shape Exercise every Monday and Wednesday from 11:00-11:45am. Senior Shape is provided by Suburban Hospital. On Friday's from 1:00-1:45pm join us for Senior Weight Training. This is also provided by Suburban Hospital. Bone Builders, taught by volunteers provided by the Department of Health & Human Services, Aging & Disability Services, is offered every Monday and Wednesday from 2:00-3:00pm.

Blood Pressure Screenings are offered on the third Wednesday of every month.

Chair Yoga by Jo on the fourth Wednesday of every month.

GERMANTOWN COMMUNITY CENTER

18905 Kingsview Road
Germantown, MD 20874
240-777-8095

The Germantown Senior Program takes place every Monday and Thursday from 10:00 am to 2:00 pm and offers a variety of fun activities, including: Holiday Luncheons, Mah Jongg, Arts and Crafts, health & wellness classes, lectures, and making new friends. There is an English class every Monday and Thursday from 11:00 am to 11:30 am & a Spanish class from 11:30 am to 12:00 noon. The Germantown Community Center also offers the Senior Fit exercise class on Tuesday's from 1:45 pm to 2:30 pm and Thursdays from 11:30 am to 12:15 pm. Unless noted, all of the senior programs are free to those 55 and over.

JANE E. LAWTON COMMUNITY CENTER

4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

The Lawton Community Center offers a variety of health & wellness programs, exercise, Montgomery College Lifelong Learning classes, and lectures of interest to seniors on a regular basis. Highlights for this fall include two classes, Tai Chi & Zumba Gold, being offered in conjunction with Suburban Hospital. Pre-registration is required and there are fees for both. Please call the Center for more information or Suburban Hospital at 301-896-3939 to register or for additional details.

LONGWOOD COMMUNITY CENTER

19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

The Longwood Community Center offers a 55+ Active Adult Program every Monday and Wednesday from 10 am-2:00 pm.

Tai Chi

Mondays • 9:30am

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

Chair Aerobics

Mondays • 10:00am

A great way to safely maintain great health & exercise. (DVD Instructed)

Zumba Gold

Wednesdays • 10:00am

Designed to encourage cardio activity and exercise with Latin and International music and dance. (DVD Instructed)

Bone Builders

Mon. & Weds • 11:00am

Relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular commitment, muscular strength, balance and bone density. All participants must pre-register. 2 day per week commitment is mandatory. (Volunteer Trainers lead the exercise program)

Current Events Discussion Group

Wednesdays • 10:00am

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer Lead)

Immunization Clinic

October 7, 2013 • 10:00am-12:00pm

Provider: MedStar VNA

Vaccine(s) to be offered: Influenza Injection, High Dose Influenza, Pneumonia

Cost: TBA. Call the center for details

MID-COUNTY COMMUNITY CENTER

2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

The Mid-County Community Center offers a 55+ Active Adult Program every Tuesday and Thursday from 10:00am-2:00pm.

PLUM GAR COMMUNITY CENTER

19561 Scenery Drive
Germantown, MD 20876
240-777-4919

We will be strating a new program this fall at the reently renovated Plum Gar Community Center. Look for classes, programs in health, fitness, nutrition, arts, music & sports. Call the center for more information.

PRASNER COMMUNITY CENTER

14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

The Prasner Community Center Active Adult Program meets on Tuesdays and Thursdays from 10:00am-2:00pm. Drop in any Tuesday or Thursday, have a cup of coffee or tea and a pastry. Meet the staff and your fellow active adults, see what we have to offer and pick up a copy of our monthly calendar of events. Each month will have one or more of the following activities scheduled-----live entertainment, travelogues, speakers on health, food, finance, seasonal and theme parties or movies.

Door to door bus transportation (within designated boundaries) to and from the center as well as a nutritious lunch are available on Thursdays. Some activities for those 55+ are also available other weekdays. Most activities are free or charge a nominal fee such as Senior Sneaker Exercise. Listed below are additional activities available to you:

POTOMAC COMMUNITY CENTER

11315 Falls Road
Potomac, MD 20854
240-777-6960

ROSS BODDY/SANDY SPRING

Ross Boddy Community Center
18529 Brooke Road
Sandy Spring, MD 20860
240-777-8050

The Ross Boddy Seniors participant in a variety of exercise and wellness, arts & crafts, health & adult related seminars & classes, and a nutrition lunch program on Wednesday's and Thursday's between 10:00 a.m. and 2:00 p.m.

WHEATON COMMUNITY CENTER

11711 Georgia Avenue
Wheaton, MD 20902
240-777-8057

The Wheaton Community Center offers several programs on a regular basis for seniors 55 and over. A few highlights include:

Senior Volleyball

Mondays & Thursdays • 12:30pm-2:30pm

Senior Fit

Mondays & Wednesdays • 11:00am-11:45pm

Bone Builders

Tuesdays & Thursdays • 1:00pm-2:00pm

Did you know???

that the Recreation Department offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball locations:

Bauer Drive Community Center
Senior Basketball on Tuesdays and Thursdays from 9:00am to 12:00pm

Longwood Community Recreation Center

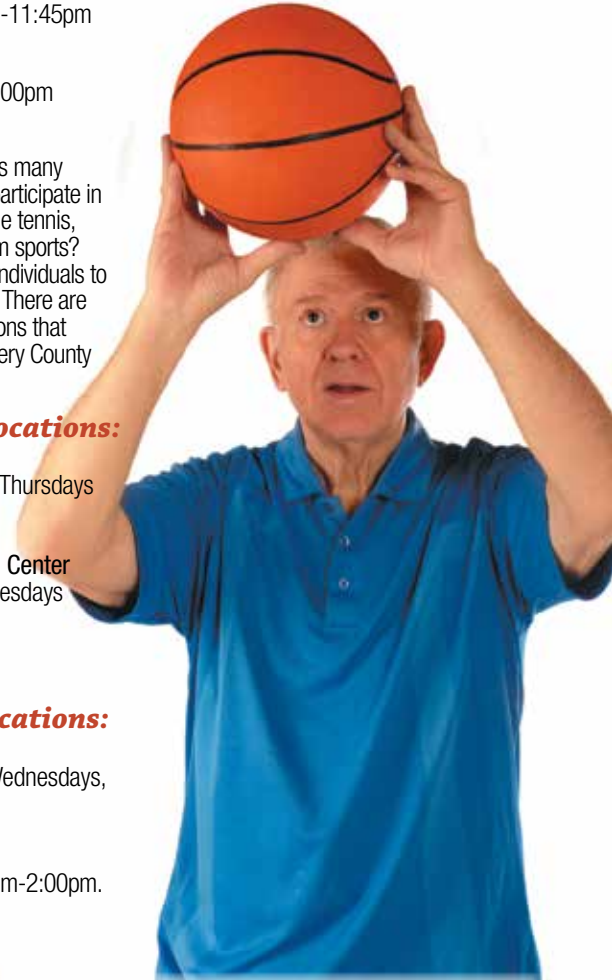
Senior Basketball on Mondays & Tuesdays 10:00am to 3:00pm & Wednesdays and Thursdays 12:00pm until 3:00pm.

Open Gym Volleyball locations:

Bauer Drive Community Center
Senior Volleyball held Mondays & Wednesdays, 10:30am-12:30pm.

Mid-County Community Center

Senior Volleyball held Fridays 12:00pm-2:00pm.



Bone Builders Growing Like Crazy!

This program, sponsored through HHS, Aging & Disability Services, and taught by volunteers, has added classes throughout the Active Adult 55+ program. Come and join us and get stronger! Here our the community center locations we are currently offering classes at:

Mid County	Tues and Thurs	1:00pm - 2:00pm
Lawton	Tues and Thurs	9:15am -10:15am
Potomac	Tues and Thurs	9:00am -10:00am
	Tues and Thurs	10:00am-11:00am
Coffield	Tues and Thurs	9:30am -10:15am
Wisconsin Place	Mon and Thurs	10:00am-10:45am
	Tues and Thurs	11:15am-12:00pm
Wheaton CRC	Tues and Thurs	1:00pm - 2:00pm
White Oak	Weds and Fri	2:00pm - 3:00pm



SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at our Senior Centers, many Community Centers offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

Senior Fit

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-7895 for registration information.

Bauer CRC	M, W • 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am
Ross Boddy CRC	T, Th • 9:00am-9:45am
Coffield CRC	T, Th • 10:30am-11:15am
East County CRC	M, W, F • 10:45am-11:30am
Germantown CRC	T • 1:45pm-2:30pm, Th, 11:30am-12:15pm
Long Branch SC	M, W • 12:00pm-12:45pm
Praisner CRC	M-F • 9:00am-9:45am, M, W, F, 10:00am-10:45am
Schweinhaut SC	M, W • 8:30am-9:15am and 9:30am-10:15am T, Th • 9:00am-9:45am, Sa, 9:30am-10:15am
Wheaton NRC	M, W • F 11:00am-11:45am
White Oak CRC	T, F • 9:00am-9:45am



Other County Recreation and Education Resources for Older Adults:

The Lifelong Learning Institute of Montgomery College provides many intellectually stimulating courses for Montgomery County residents age 50 and over. Visit www.montgomerycollege.edu or call 240-567-1828 for more information.

Jewish Council for the Aging, www.accessjca.org offers numerous programs for older adults.

Senior Info Pages at: montgomerycountymd.gov/seniors. For telephone assistance and information, call the Senior Resource Line at 240-777-3000.

OASIS offers challenging programs in the arts, humanities, wellness, technology and volunteer service for mature adults. For more information call (Bethesda) 301-469-6800 press 1, then extension 211 or (Chevy Chase/DC Area) 202-686-9760.

VOLUNTEER: Visit the Montgomery County Volunteer Center at montgomerycountymd.gov/volunteer

SENIORS TODAY!

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6.

SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details.

The Senior Sneakers Program is available at the following Community Centers:



CLARA BARTON NRC	BAUER DRIVE CRC	ROSS BODDY CRC	COFFIELD CRC
DAMASCUS CRC	EAST COUNTY CRC	GERMANTOWN CRC	LAWTON CRC
LONG BRANCH CRC	LONGWOOD CRC	MID-COUNTY CRC	POTOMAC CRC
MARILYN J. PRAISNER CRC	UPPER COUNTY CRC	WHEATON NRC	WHITE OAK CRC
WISCONSIN PLACE CRC	PLUM GAR CRC		

SPECIAL ACTIVITIES AND EVENTS

September is Fall Prevention Month

Throughout our Senior and Active Adult sites there will be many informational programs on the subject.

Why Falls Matter?

- More than one third of adults 65 and older fall each year in the United States.
- It is the leading cause of injury-related hospitalizations in Maryland in the over 65 age group.
- In 2010, of the 600 fall-related deaths in Maryland, 509 were adults 65 and over.
- There is a huge cost factor in insurance claims and personal funds.

Most importantly, it is the most serious problem that threatens the independence and quality of life for older adults. Look on the Maryland web site www.safermaryland.org for more information, and plan to attend one of our informative programs. Call the center nearest you for more information.

Suburban Hospital Partner Programs

Senior Shape Program

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3689. The fee is \$30 per class for 3-month session from October to December.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-11:00am

Holiday Park Senior Center

Fridays • 11:00am-11:45 am

Clara Barton Community Center

Fridays • 1:00pm-1:45 pm

Jane E. Lawton Community Center

Tuesdays & Fridays • 12:15pm-1:00pm

Aerobics/Strength Training/Stretching

Clara Barton Community Center

Mondays & Wednesdays • 11:00am-11:45am

Potomac Community Center

Tuesdays & Fridays • 10:00am-10:45am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

Advanced Weight Training

Holiday Park Senior Center

Fridays • 10:00am-10:45am

Community Health Seminars

Once a month at various community and senior centers, seminars are given on various health topics. For more info, call 301-896-3939 or visit www.suburbanhospital.org.

Getting Hip to Joint Surgery

Tuesday, September 17 • 1:15pm- 2:15 pm

Holiday Park Senior Center

Suburban Hospital orthopedic joint surgeon, Dr. Christopher Cannova explains the latest trends in joint replacement surgery which has shown to improve outcomes and lead to a shorter recovery time, allowing patients to return to their active lives.

Financial Wellness Seminars for Adults 55+

Montgomery County Recreation, in partnership with the Sandy Spring Trust, a Division of the Sandy Spring Bank, will be offering a variety of programs around the county on topics of interest to adults age 55+. Please see the individual topics and registration information below.

Learn From The Mistakes Of Others: 20 Of The Most Common Mistakes In Law, Tax, Finance And Health Care

Holiday Park Multi-Service Senior Center

3950 Ferrara Drive, Wheaton, Maryland 20906

Thursday, August 15th, 2013 • 10:00am-3:00pm

Registration required. (240) 777-4999

Fiduciaries- Selecting The Right Trustees, Agents And Personal Representatives

Holiday Park Multi-Service Senior Center

3950 Ferrara Drive, Wheaton, Maryland 20906

Wednesday, August 28th, 2013 • 6:00pm-8:00pm

Registration required. (240) 777-4999

Illness And Incapacity- How To Plan Proactively

White Oak Senior Center

1700 April Lane, Silver Spring, Maryland 20904

Tuesday, September 10th, 2013 • 10:30am-Noon

Registration required. (240) 777-6940

Antiques, Real Estate And Business Ownership- How To Protect And Transfer Efficiently

Gaithersburg Upcounty Senior Center

80 Bureau Drive, Gaithersburg, Maryland 20878

Tuesday, September 17th, 2013 • 10:30 am-Noon

Registration required. (301) 258-6380

End Of Life Planning- Preventing Fights And Excessive Taxes

Potomac Community Recreation Center

11315 Falls Road, Potomac, Maryland 20854

Tuesday, September 24th, 2013 • 10:30am-Noon

Registration required. (240) 777-6959.

All discussion presented by Philip Fish, CFP® and Estate Planning Specialist with Sandy Spring Trust. Phil has over 24 years' experience in the Financial, Trust and Banking Industries. Valuable hand-outs and essential documents organization folder will be handed out at each session.



SPECIAL ACTIVITIES AND EVENTS

DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD
240-777-6995

Hours: M-W, F 9:00am-2:00pm, Th 9:00am-4:00pm

The center has exercise classes, entertainment programs, workshops, a gift shop; exercise room, craft and art rooms for craft classes of all kinds; billiards, ping-pong, shuffleboard and a sunny dining area where lunches are served every weekday.

Senior Step Class Demo with Erika

Tuesday, September 3rd, 2013 • 11:00am
Damascus Senior Center wants to start a step class for seniors. Cost will be \$30 per session. 8 classes in a session.

The Golden Aires Band

Wednesday, September 11th, 2013 • 1:00pm
The Golden Aires who plays music from the big band era of the 1930's and 40's will be here to entertain our seniors. Cost: FREE

Flu Shots By Shady Grove Hospital

Wednesday, Oct 2nd • 10:00Am - Noon
Wednesday, Nov 6th • 10:00Am - 11:30Am
Flu Shots Cost Is \$25.00 Or A Medical Insurance Card
Please Call 240-777-6995 For More Information.

Ice Cream Social

Thursday, October 10th, 2013 • 1:00pm.
The Damascus Senior Center Sponsors Inc (DSCSI) will sponsor today's intergenerational Ice Cream Social. Seniors should bring their grandchildren for some ice cream and social fun. Cost: Free

Cholesterol Screening

Wednesday, October 16th, 2013 • 9:30am - 11:30am.
Shady Grove Hospital will have its screening here at Damascus Senior Center. You must register in advance by phone 1-800-542-5096. There is no drop-in registration.

Halloween Luncheon

Thursday, October 31st, 2013 • Noon
The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal is \$7.00 for ages 55-59.60+ Donations requested.

Anna Pappas "A Class Act"

Thursday, October 31st, 2013 • 1:00pm
Celebrating Halloween, Anna Pappas will be here to perform "A Class Act."
Cost: FREE

Chef Sue's Holiday Luncheon

Wednesday, November 13th, 2013 • Noon
The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal is \$7.00 for ages 55-59. 60+ Donations requested.

Holiday Cheer and Memories

Wednesday November 13th, 2013 • 1:00pm
Christiana Drapkin and her Trio will perform some wonderful tunes for the up and coming Holidays.
Cost: FREE

DOCCS Thanksgiving Dinner

Thursday November 21st, 2013 • 5:30pm-7:30pm
The Development of Characters and Careers (DOCCS) in partnership with the Damascus Senior Center will host its annual Thanksgiving Day Dinner in the Damascus High School Cafeteria. When signing up for the dinner there is a \$10.00 cost and \$5.00 will be refunded when present at the dinner.

DSCSI Trip Information

Maryland Live Casino Day Trip

Thursday October 17th, 2013 • 10:00am - 3:00pm
The Damascus Senior Center Sponsors Incorporated (DSCSI) will sponsor today's trip to The Maryland Live Casino. For more information please contact the center at 240-777-6995. Cost: \$25.00.



Maryland Live

Follow us on Facebook and Twitter!

WHITE OAK SENIOR CENTER

1700 April Lane, Silver Spring
240-777-6944

Hours: 9:00am-3:00pm. M-F

Annual Senior Fitness Assessments

This fall we will start our Senior Assessments for all members. We will run assessments for all classes to ensure we program according to the needs of our members. Our goal is to ensure everyone is assessed a reassessed annually to gauge fitness improvement. This will allow us to program according to your fitness needs.

Living by Design Goal Assessments

As a part of your experience at White Oak Senior Center, we will offer you an opportunity to share your purpose and ambitions. Our mission is to design our programs with you in mind. In the fall we will ask you to fill out a short goal setting form to allow us to program according to your needs. Throughout the year, we will revisit your yearly goals and see how you have progressed. This process will allow us to help you live according to your design.

“Know Your Numbers”

Health Risk Assessments by Adventist Healthcare.

Tuesday, September 17 • 10:00-2:00pm
They will be here to offer screenings for blood cholesterol, blood pressure, blood sugar, and body weight.

National Family Fitness Day!

Saturday, September 28
We will have an intergenerational event where we will have a day full of active fitness events for seniors and children. Come celebrate and join in the fun!

Coping: A journey to Living Well with Diabetes

Thursdays, September 12-October 17 • 1:00pm-3:30pm

Gentle Yoga

Fridays, August 23-November 8 • 1:30pm-2:30pm
10 sessions. No class on September 13th and October 11th.
\$50.00

Healthy Heart Aerobics

Fridays • 1:30pm-2:30pm
Low impact aerobics exercise to help strengthen the heart and lungs geared to give you more energy and help manage weight.

Arthritis Chair Exercises

Mondays • 1:15pm-2:15pm
Anyone can get the physical movement needed to boost energy, relieve arthritis pain. This fitness program is a 60-minute balanced exercise routine proven to ease arthritis no matter what shape and age you are in now.

Chair Yoga

Wednesdays, August 21-October 23 • 1:30pm-2:30pm
\$50.00 per person

Vegan Living

2nd Thursday of every month • 12:00pm-1:00pm
These sessions include helpful information on meal planning for those interested in becoming a vegan or those who would like tips on meal planning. Cost is \$5.00 for the session.

LONG BRANCH SENIOR CENTER

8700 Piney Branch Road, Silver Spring, MD
240-777-6975

Hours: 10:00am-2:00pm, M-F

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us!

Spanish Classes

Native Speaker and Volunteer, Waldo Pinto, teaches Spanish 3 days per week:

Mondays: 12 - 1 Conversation
Wednesdays 11 - 12 Beginning
Fridays 12 - 1 Advanced
All classes are free.

Computer Tutoring

Wednesdays from 10 - 12, volunteers help you set up an email account and answer basic questions about the internet and word processing, or test your smarts with computer scrabble and other fun games. Free.

Walking is Wonderful !!

Join us on Thursday mornings from 10:30 - 11:30 as we walk the 1/3 mile asphalt path around the field behind the center. The route begins in our garden and includes a short hill. For indoor lovers, walk the perimeter of the gym, mornings from 10 - 11. Prizes are given monthly to the top 5 based on distance covered.

Blood Pressure Screenings

The second Monday of every month, Adventist Healthcare offers free blood pressure screening, from 10:30-12:30.

Garden Lovers Wanted !!

Help us maintain and harvest our fall crop of vegetables in the senior center garden. Samples will be for sale and all proceeds are used for garden supplies. You are also welcome to sit and enjoy the flowers and wildlife.

Fall Parties

Anniversary Party Thursday, Sept. 26th
Hispanic Heritage Celebration Wednesday, Oct. 30
Thanksgiving Wednesday, Nov. 27th

Call the center for more details. 240-777- 6975.



MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm

The Margaret Schweinhaut Senior Center is a welcoming colorful upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shakespeare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives - ceramics, painting, woodworking, quilting, knitting, origami, a Network Niche and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

Music, Maestro, If You Please.....

Seth Kibel: Klezmer Music & a Frayloch Time

Monday, August 19 • 1:00pm
Welcome Seth Kibel, one of the Mid-Atlantic's premier woodwind specialists. Wowing audiences on saxophone, clarinet and flute, this multitalented musician has made a name for himself throughout the country. Come and enjoy the energetic renditions of this fantastic musician. Free.

Piano Interlude

Monday, August 26 • 1:00pm
Bob Lachin, pianist extraordinaire, will entertain you with the music of George Gershwin, Irving Berlin, Rodgers and Hammerstein, Jerome Kern and Cole Porter. Enjoy an afternoon of sheer musical pleasure. Presented with the support of the Himmelfarb Mobile University.

Jesse Palidofsky:

One Man Band Extraordinaire

Monday, September 23 • 1:00pm
Back by popular demand -- Throngs of Schweinhaut participants yell for more fabulous entertainment by Jesse Palidofsky. He brings us Ellington to Motown, Hoagy Carmichael to Rodgers & Hammerstein, Nat King Cole to Frank Sinatra to Hank Williams and beyond. Jesse brings toe-tapping music and ballads from the 1930's through the 1960's. Jesse is a one man band - accompanying his soulful vocals with tasteful piano, guitar and harmonica arrangements. An hour with Jesse will get your heart singing! Admission free.

"History of Broadway"-A Must See & Hear

Tin Pan Alley and Broadway 1927 to 1940

Monday, September 30 • 1:00pm
"History of Broadway" covers several decades of fabulous show tunes and the talented people who created the music and the characters, and brought them to life on the Broadway stage. An afternoon with Steve Freedman is delight! Presented with the support of the Himmelfarb Mobile University.

What you didn't know or perhaps you did and want to know more....

Vision Matters: Eye Grand Rounds

A two part program - Experts from Johns Hopkins School of Medicine and National Eye Institute at NIH Present

"Eyeball Engineering - A Tour of the Eye"

Wednesday, October 16, 1 p.m.

Demystifying myth from factHow Changes in Sight Can Impact Cognition, Balance and Potential Falls.

Wednesday, October 30, 1 p.m.

Both programs are Free. Call to register. Space limited. Glaucoma and Visual Acuity tests available October 16 and 30 from 9:30 a.m. to noon. Call 240-777-8086 for an appt.

A Healthier and More Knowledgeable You....

HeartWell In Action

Sponsored by Suburban Hospital/Johns Hopkins Medicine. A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

Every Wednesday, 10 a.m. to 2 p.m. (with the exception of the first Wednesday)

"Know Your Numbers"

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.) Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide an educational life-health-seminar on the first Wednesday of each month. See 'Happenings'-Schweinhaut's monthly newsletter for monthly topics or call Center Reception Desk.

Discussion Group - Maximizing You!

Thursdays, 11:00am

Join this enlightening discussion group to discuss issues on aging.

- Maximize your quality of life
- Emphasize the positive
- Create satisfaction everyday

Led by Edie Mahlamann, LCSW-C. Free.

Go Safely!

AARP Driver Education Class

Monday, October 21, 10:00am to 3:00pm.

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$12.00 check to AARP. No cash please.

Brush Up Your Shakespeare

Tuesday, September 17, 1 p.m.

The fall theme is "Disguise and deception in the comedies and histories". "A Midsummer Night's Dream" fits the scheme, and the group will begin with a special DVD of the play. With a stellar cast, there is a surprise in the rendition of Bottom by Kevin Kline. Facilitated by Dr. Carol Sokolski.

Trinkets and Treasures

Saturday, October 26, 9 a.m. to 3 p.m.

Toys, lamps, paintings, jewelry, furniture, knick-knacks, and so much more! Someone else's "junk" could be your fabulous treasure. Join us for one fun day - refreshments, music and loads of "stuff".



Shape Up Now....

You asked for it, we got it.... Chair Yoga

Thursdays, 10:30 a.m., Fee: \$30.00 for six sessions
Enjoy the benefits of Yoga with this safe, gentle program for people of all fitness levels including those with movement limitations. Increase flexibility, range of motion, and core strength while improving your posture and balance. Some exercises are done standing using the chair for support and most of the class is done seated. Fee: \$30.00 for six sessions. Co-sponsored by Holy Cross Hospital. Call 301-754-7895 to find out when the next session will begin and to register for this new offering.

Building Blocks of Tai Chi

Thursdays, 11:15 a.m.
Hands-on instruction in Tai Chi, emphasizing body awareness, a "learning mind", and a sense of enjoyment. Free. Call Center for more information. Dates to be announced.

Senior Fit

Monday, Wednesday, 8:30 and 9:30 or Tuesday/Thursday, 9:00 and Saturday, 9:30. Designed especially for seniors - this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

Tai Chi Chuan

Thursdays, 10:00 a.m. Tai Chi is an ancient system of physical and mental harmony - gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

Qi Gong

Saturdays, Noon. Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free.

For The Fun Of It.....

Duplicate Bridge At The Schweinhaut Center

Tuesdays and Thursdays at 12:30 p.m. Fee: \$5.00
Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Duplicate Bridge is thriving at this Center.

ACBL sanctioned. Coordinated by Roz Dixon. Fee: \$5.00

Pool/Billiard League

Tuesdays and Thursdays at 11:00 a.m.
Join in the fun at Montgomery County's finest pool room! Two 8-ball Pool Leagues are shooting Tuesdays and Thursdays. Free play during other open hours.

Marvelous Mondays at the Movies in the Garden Room.

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

Gandhi

Monday, August 12 • 1:00pm
Dramatizes the life of Mohandas Karamchand Gandhi, an Indian lawyer and activist who led the nation's most revolutionary non-violent movement against the UK's rule.

Chicago

Monday, September 9 • 1:00pm
Chicago is a 2002 musical adapted from the satirical stage musical of the same name, exploring the themes of celebrity, scandal, and corruption in Jazz Age Chicago. The film stars Renee Zellweger, Richard Gere and a host of excellent actors.

I Am Sam

Monday, September 30 • 1:00pm
Sam Dawson (Sean Penn), a developmental disabled man, is the single father of Lucy (Dakota Fanning). Despite his limitations, Sam is well-adjusted and has a supportive group of friends with developmental disabilities, as well as a kind, agoraphobic neighbor Annie (Dianne Wiest), who takes care of Lucy when Sam cannot. Though Sam provides a loving environment for precocious Lucy, she soon surpasses his mental ability.

The Firm

Monday, October 7 • 1:00pm
Based on the 1991 novel by John Grisham. Seduced by the money and gifts showered on him, he is at first totally oblivious to the more sinister side of the company. Then, two associates are murdered. The FBI contacts him, asking him for information and informing him that the firm is connected to the mob and that every associate who has ever tried to leave the firm ends up murdered. His life as he knows it is forever changed.

Enchanted April

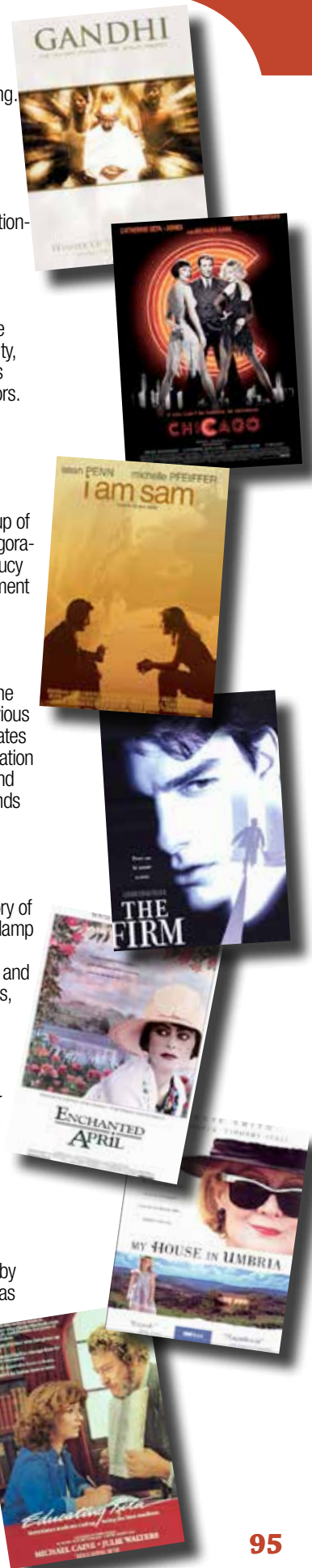
Monday, October, 21 • 1:00pm
An adaptation of Elizabeth von Arnim's 1922 novel, it is story of four dissimilar women in 1920's England who leave their damp and rainy environs to go on a holiday to a secluded coastal castle in Italy. The four women come together at the castle and find rejuvenation in the tranquil beauty of their surroundings, rediscovering hope and love.

My House in Umbria

Monday, November 4 • 1:00pm
An unlikely group of people find solace and friendship after being thrown together in the wake of a terrorist attack. The film has unexpected delights to offer in its unassuming, almost art-house, flavor, and the low-key, but affecting, performances of excellent actors.

Educating Rita

Monday, November 18 • 1:00pm
Liverpoolian working-class girl Rita wants to better herself by studying literature. Her assigned professor, Frank Bryant, has long since openly taken to the bottle, and soon develops misgivings about Rita's ability to adapt to academia. The film stars Michael Caine, Julie Walters, and Maureen Lipman.





HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD
240-777-4999

Hours: 8:45am-4:00pm, M-F

The center offers a variety of social and educational classes and programs for adults age 55+. Exercise classes include a variety of fitness dance classes such as Zumba Gold, Cardio Rhythm, Easy Fit Dancing and Intermediate levels of Ballroom Dancing. Strength Training and Yoga classes, while include exercises geared at fall prevention and improved balance. Enrichment classes include drawing and painting, art and music appreciation, writing workshops, computer use and photography. Lectures and seminars in health are sponsored by local hospitals and wellness providers. Learn more about the ever changing but always welcoming services available at Holiday Park by visiting their web site at: holidaypark.us. Enjoy seeing pictures of our senior center happenings at Holiday Park Senior Center on Facebook.

Be Active Montgomery:

Fall Into The Habit

Holiday Park Exercise Classes
are sponsored by Holiday Park Seniors, Inc.

Pre-registration required classes:

Zumba

Zumba class offerings are Monday, Wednesday, Thursday & Friday

Zumba Gold

Zumba Toning

Zumba Wake-Up Call

Cardio Fit-Low Impact Aerobics and Strength Training with Joanne Zoladz

Bone Building with Joanne Zoladz

Line Dancing with Lynn Osbourne

Stability Ball with Matt Rundell

International Folk Dancing with Sharon Katz

Ballroom Dancing with Amy and Ron Wagaman

Pilates with Anne Contee

Yoga with Anne Contee and Sandi Rothwell

**Call the center for September start-up dates*

Drop-in Workouts

Tai Chi

Tai Chi Sword

Easy Fit Dancing-\$2.00 per class

Healthy Seniors are Happy Seniors

Getting Hip To Joint Replacement

Sponsored by Suburban Hospital and Johns Hopkins Medicine

September 17 • 1:15pm

Music Lectures And Listening With Irv Chamberlain

Alan Jay Lerner And Frederick Loewe

September 19, September 26, & October 3 • 1:15-2:30pm

American Composer And Lyricist

Stephen Joshua Sondheim

October 30, November 6, & November 20 • 1:15-2:30pm

Dance Club Friday

*Live music, meet new friends, everyone is welcome,
light refreshments are served at the break.*

Dances are from 1:15pm-3:15pm unless otherwise noted.
The fee is \$5.00 at the door, HPSI members pay \$3.00.

Music by Mike Surratt

Sept. 20, Nov. 1 and Dec. 13

Music by the Retro Rockets

Sept. 27

Music by Mark Hanak

Oct. 11, Nov. 15 & Dec. 6

Music by the John Brown Band with Singer Dolly Bennof

Oct. 18 & Nov. 8

Music by Take Two

Oct. 25

Music by Gina DiSimone & The Moaners

Nov. 22

Senior Shape

A partnership between Suburban Hospital and Montgomery County Recreation.

These classes provide strength, flexibility, and aerobic exercise training.

You must have a doctor's permission and there is a \$30 fee for 3 months.

Classes are currently being offered at Clara Barton, Potomac & Lawton Community Centers.

Call Suburban Hospital at 301-896-3939 or the centers for more information.



Music Performances

All performances begin at 1:15pm unless noted.

Steffi Offutt And Ray Greene: Music From The Great American Songbook

Monday, September 9 • 1:15pm-2:15pm
Fee At The Door: \$1.00

The Boys Of Broadway:

Music By Mark Hanak

Monday, September 16 • 1:15pm
Fee At The Door: \$1.00

Classical Music Journeys

Tuesday, September 24 • 1:15pm-2:15pm. Free.
Presented By Phoenix Arts Management In Sponsorship With The Taiwanese American Charity & The Montgomery County Department On Aging
With Performances By Sheng-Yuan Kuan On Piano, Keng-Yuen Tseng On Violin, Peter Lee, Tenor, Ko-En Shih On Violin, And Yuchia Hsiao On Violin

Singer/Pianist Jesse Palidofsky

Friday, October 4. Free.

Singer/Guitarist Ellis Woodward

Monday, October 7
Fee At The Door: \$1.00

Singer/Pianist Dale Jarrett

Tuesdays., Oct. 22
Fee: \$1.00 At The Door.

Halloween Hoot:

Music By The Night And Day Band

October 31 • 1:15pm-3:00pm
Fee: \$2.00 At The Door.

Boys Night Out

November 2. Free.

Dale Jarrett

Tuesday, December 3 • 1:15pm-2:15pm
Fee At The Door: \$1.00

Music By Take Two: Donna And Russ Miller

Monday, December 9 • 1:15pm
Fee At The Door: \$1.00

Music By Steve Gellman

Monday, December 16
Fee At The Door: \$1.00

Music By Christiana Drapkin

Friday, December 20
Fee At The Door: \$1.00

Art History Lectures and Learning

with Art historian Joan Hart from Museum One

The Barnes Foundation Of Philadelphia Collection

October 17

The White House Art Collection

Thursday, November 7

The Impressionists And Fashion

Thursday, December 19

DVD Documentaries & Movies

Hope Springs

A DVD Movie.
August 30 • 1:15pm

Indonesia

A Travelogue By Videographers Gail And Sandy Cohen.
Tuesday, September 10 • 1:15pm

The Story Of Math: How Numbers

Explain Our Universe And Reveal

Unseen Worlds

A DVD Documentary.
Tuesdays, October 1 and 8 • 1:15pm

South Pacific Starring Glenn Close

Tuesday, Dec. 17

The Blackhills And The Badlands

A DVD Travelogue
Wednesday, December 18



Keynote Speaker: Dr. Luigi Ferrucci
Scientific Director, National Institute on Aging

Health Screenings • Flu Shots
Live Music • Giveaways • Door Prizes

Sunday, October 13
Noon - 4 p.m.

NEW LOCATION:
Silver Spring Civic Center • Silver Spring, MD
One Veteran's Place • Silver Spring, MD 20910

To exhibit, or for more information, call the Beacon at 301-949-9766.



Locations

Argyle Middle School
E. Brooke Lee Middle School
Forest Oak Middle School
A. Mario Loiederman Middle School
Roberto Clemente Middle School
Neelsville Middle School

Program Overview

Activities include creative arts, recreational sports, academic support, science, technology, engineering, mathematics, and more. Program days end at 5:15 p.m., providing an additional hour of programming for students.

The programs are FREE and include a hot meal and transportation home.

Why Excel Beyond the Bell?

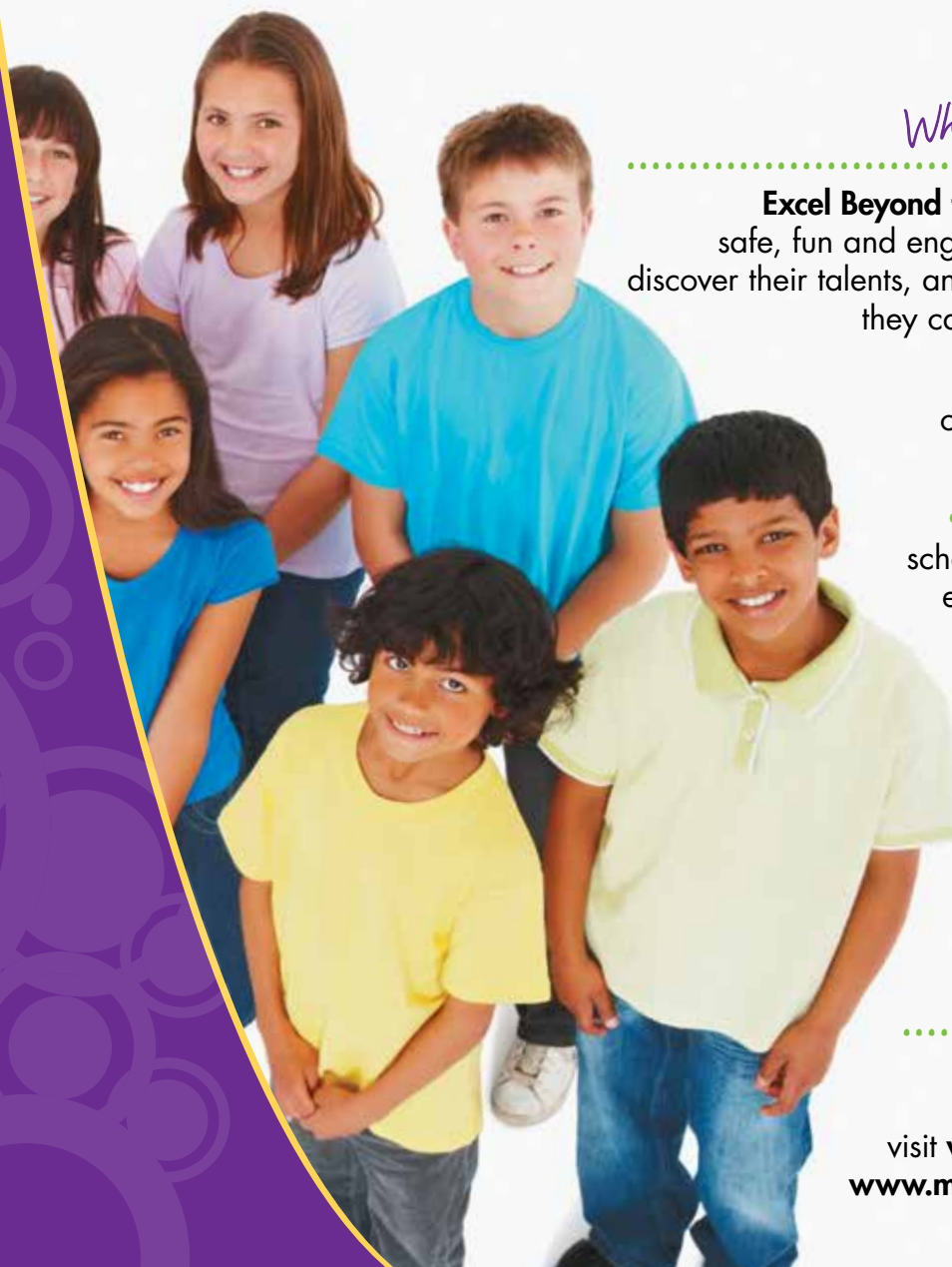
Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Children are nurtured in a compassionate, consistent and cooperative environment.
- A site coordinator and after school liaison are on-site daily to ensure your child is safe when you can't be with them.
- Children and youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about
Excel Beyond the Bell:
visit www.excelbeyondthebell.org,
www.montgomerycountymd.gov/rec
or call **240-777-6881**



Montgomery County
Public Schools

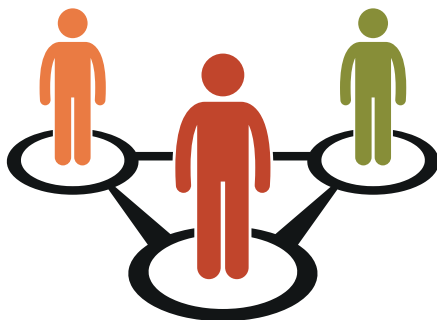




Sports Academies - High Schools

Are you looking for a safe environment after school for your teens? If so, come join us at one of our Sports Academies at Blair HS, Einstein HS, Springbrook HS or Wheaton HS. These programs offer more than basketball and soccer; we have mentoring, fashion clubs, SAT preparation, dance, cultural awareness and special events. Homework help and SSL hours are also available for your teen.

Montgomery County Recreation Youth programs are committed to fostering environments where youth can develop overall skills and experiences to help them succeed in the 21st century.



Teen Hotline 240-777-8080

TEENS



Follow us on Twitter and Facebook or visit our website for more information about locations, dates and times.

Teen Events & Cafes

Teen Events:

Futsal tournaments
High school basketball
High school flag football
Audacity of Hoops
Wheaton Stars Soccer

Teen Café locations:

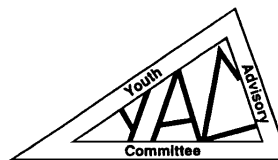
Downtown Silver Spring
Longwood CRC
Mid County CRC
Upper Montgomery County
White Oak/East County CRC
(also known as Teen Escapes)

Throughout the school year, There are many different events which offer youth a safe youth space for fun and creativity. Open Mic Nights, Talent Shows, basketball tournaments, and carnivals. Contests and prizes are part of the fun for Montgomery County high school teens!



Rec Extra - Middle Schools

Not ready for the day to end? Need a little more time with your friends or working after school with a teacher? Rec Extra, available at select MCPS middle schools, may offer sports, arts, baby-sitting instruction, chess, improv theatre, sewing, step dance, tennis, weight training, poms and other fun, engaging activities. Check with your school's After-School Activities Coordinator (ASAC) for more information.



Youth Advisory Committee

Get involved. Make a difference in your community. The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Y.A.C. committee members meet at local community recreation centers throughout Montgomery County. Teens CAN and DO make a difference!



TEEN WORKS
MONTGOMERY COUNTY RECREATION

Teen Works (formerly Student Teen Employment Program)

Teen Works is a year round employment program for Montgomery County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience using the community's resources to expose youth to potential educational or career paths.



FIND US FAST ON
YOUR SMARTPHONE



TRIPS AND TOURS



SENIOR OUTDOOR ADVENTURES IN RECREATION

Plan to SOAR this Fall!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. Fall registration begins at 8:30 a.m. on August 5, 2013.

Please Note: Due to the WSSC work at Holiday Park parking areas, All Fall 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

Guided Tour of Historic Odessa, DE and Biggs Art Museum

A New Tour! The historic village of Odessa, Delaware, known in the 18th Century as Cantwell's Bridge, played a vital role in commercial life along the Delaware River as a busy grain port. We will stroll along the tree-lined streets and admire examples of 18th and 19th Century architecture. We will be guided through four of the properties that make up the Historic houses of Odessa, which are in very close proximity to each other. The historically preserved buildings are the Corbitt-Sharp House, the Wilson-Warner House, the Brick Hotel, the Collins-Sharp House and the Bank building which is the Visitor's Center. Lunch at historic Cantwell's Tavern is included. We will also be guided through the Biggs Art Museum which houses works of Mid- Atlantic artists.

Fee: \$65

354985 Weds., September 18 Leave 7:15 am, Return 5:30 pm

354986 Thurs., September 19 Leave 7:15 am, Return 5:30 pm

Walking Tour of Harper's Ferry, West VA

Walk the historic part of town led by a National Park Service Ranger. Hear the history of Robert Harper's ferry service, and John Brown's raid. Then take a guided hike to Jefferson's Rock which Thomas Jefferson declared to be a stupendous scene in nature, to view the Potomac and Shenandoah Rivers crashing their way through the mountains and converging below. Buffet lunch (included) at the Quality Hotel.

Fee: \$55

354988 Thursday, September 26 Leave 8:15 am, Return 4:15 pm

Tour Fredericksburg, VA Civil War Battlefield, with Ed Bearss

Take a walking and riding tour of the Fredericksburg Civil War Battlefield with Ed Bearss, a retired Park Service Chief Historian and author of 15 books on the Civil War. Be mesmerized as you hear about regiments and commanders in a stirring narrative with someone who knows war first hand as a Marine Corps Veteran of Guadalcanal and New Britain in WWII. Buffet lunch, included, at Golden Corral Restaurant.

Fee: \$65

354989 Weds., October 2 Leave 7:45 am, Return 5:00 pm
354990 Thursday, October 3 Leave 7:45 am, Return 5:00 pm

70th Annual Homes Tour & Craft Festival in Waterford, VA

Join us for this unique festival, the oldest juried craft fair in Virginia. Enjoy music & dance demonstrations. See demonstrations of traditional craftsmanship by over 140 acclaimed artisans. Art exhibits and tours of 18th and 19th century homes range from simple Quaker buildings to spacious Victorian homes. Wear comfortable walking shoes as you stroll the music filled streets. Please note: There is a lot of walking on hilly terrain.

Fee: \$49

354992 Friday, October 4 Leave 8:45 am, Return 5:00 pm

Guided Tour of Historic Carlisle, PA

A New Tour! Carlisle, Pennsylvania played host to its first settler, James LeTort, in 1720. Thirty years later, Carlisle was on the frontier of the French and Indian Wars, becoming the site of its first military barracks and munitions factory. Over the past 250 years, Carlisle has been foremost in educating military officers. Carlisle is a lovely historic college town with sprawling campuses. A local guide will lead us on a Carlisle Town Square Tour (where George Washington, Ben Franklin and other patriots met), a Carlisle Barracks Tour (the oldest Army post in the U.S.), a tour of the U.S. Heritage and Education Center (which preserves and interprets the story of American soldiers in war and peace from the French & Indian Wars through Vietnam) and Boiling Springs Park (a quintessential village with sweeping oak trees lining a spring fed lake surrounded by picturesque Victorian homes). Lunch at Hoss's Steak and Seafood House is included.

Fee: \$69

354993 Weds., October 9 Leave 7:00 am, Return 6:00 pm
354994 Thursday, October 10 Leave 7:00 am, Return 6:00 pm

Take a Hike!..Fall Foliage Tour of Shenandoah National Park, VA

A Registered Guide will lead a hike to the top of Hawksbill Mountain or a horizontal hike along a picturesque trail during the height of brilliant Fall colors. View a film about the history of this national park. Then have a buffet lunch (included) at Skyland Lodge, overlooking the Shenandoah Valley. The trip includes a drive along scenic Skyline Drive.

Fee: \$70

354996 Thursday, October 17 Leave 7:00 am, Return 5:00pm

Luray Caverns & Shenandoah Vineyards

Travel through the Northern Virginia countryside at Foliage Time. We'll take a one-hour guided walking tour to witness the splendors of Luray Caverns. The profusion of formations and the variety of natural colors in this underground wonderland are unsurpassed. Discover monumental columns in rooms more than 10 stories high. See unique rock formations, and beautiful crystal clear pools. Then, visit the Shenandoah Vineyards, where we'll have lunch, included, a guided tour of the winery, and a wine tasting. Please Note: There are seventy steps to descend/climb at Luray Caverns.

Fee: \$79

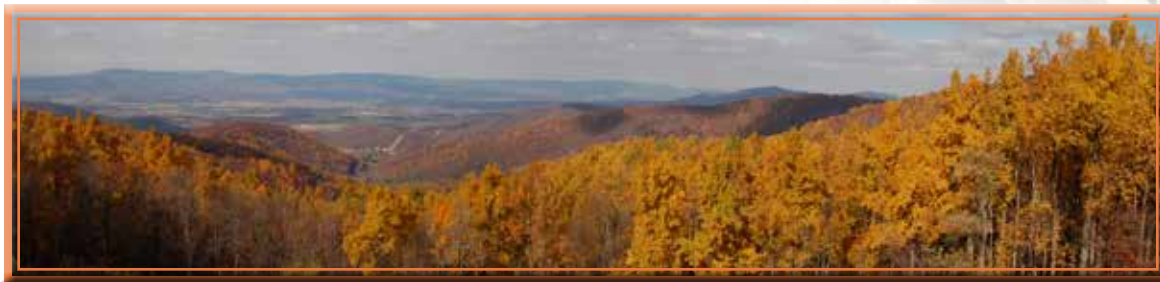
354997 Weds., October 23 Leave 7:15 am, Return 5:30pm
354998 Thursday, October 24 Leave 7:15 am, Return 5:30pm

Covered Bridge Tour, Firefighters Memorial and National Grotto Of Lourdes, Fredrick County, MD

A New Tour! Northern Frederick County is home to three historic covered bridges, which are listed in the National Park services National Register of Historic Places. The Utica Mills, Loy's Station, and Roddy Road covered bridges all cross streams in Northern Frederick County, within twelve miles of each other. Besides their beauty, the bridges are all structurally interesting, as all three have different truss systems. We will learn about the architecture and history of each bridge. We will be able to walk around and tour two of the bridges by foot. We will also tour the National Firefighters Memorial which was constructed in 1981. We will see a monument with an eternal flame which symbolizes the spirit of all firefighters, and plaques circling the monument listing the names of the fallen men and women of the fire service. We will finish the day by walking the National Grotto of Lourdes above lovely valley of Emmitsburg, Maryland. Buffet lunch at the Cozy Restaurant, Thurmont, MD.

Fee: \$55

354999 Weds., October 30 Leave 8:15 am, Return 4:15pm
355000 Thursday, October 31 Leave 8:15 am, Return 4:15pm



Shenandoah National Park



Winfield Parker and His Revue

Winfield Parker is an acclaimed singer who has performed to soldout audiences in New York, London, England, Frankfurt, Germany, Amsterdam, Holland, Tokyo, Japan, and the Washington, DC area in the last two years. Winfield has a long history in the music business and was a singer and musician with the Temptations and Little Richard in his youth. He was recently inducted into the New York Rock'n Roll Hall of Fame. His voice today is better than at any time in his life. He will headline this two-hour revue, also featuring other singers in his group. The event will take place in the theater in the Department of Recreation building at 4010 Randolph Road, Silver Spring, Maryland. Many of SOAR's participants have seen him perform and have suggested that SOAR include him in our agenda so that others may enjoy his work.

Fee: \$25

355002 Weds., November 13 Leave 1:00 pm

Udvar Hazy Annex of the Air & Space Museum, Dulles, VA

This facility houses the majority of the historically significant restored aircraft and spacecraft collection of the Air and Space Museum. Docents well versed in aircraft history will lead us through this huge hangar filled with aircraft from the beginning of flight in the last century, barnstorming aircraft of the early days of flight, WWI and WWII fighter planes, Korean War jet fighters, the Enola Gay, the Concorde, hundreds of vintage aircraft, and spacecraft including the space shuttle Enterprise. Lunch (on own) at Subway on premises.

Fee: \$35

355004 Thurs., November 21 Leave 8:30 am, Return 3:30pm

Longwood Gardens Holiday Lights, Kennett Square, PA

View exquisite decorations, spectacular lights, and colorful displays. See thousands of brilliant poinsettias, lavishly decorated trees, and fragrant flowers in acres of indoor gardens. After dark, view a night blooming garden of 420,000 lights strung on 40 miles of wire, and displays of flowers fashioned from lights. View a 5-acre Main Fountain Garden outlined in blue lights. Walk the outdoor gardens with Nature's seasonal ornaments. Lunch (included) in the self-service café, which includes soup or salad, sandwich or hot selection, dessert, and soft drink.

Fee: \$70

355005 Thursday, December 5 Leave 10:30 am, Return 8:30pm

Ski Trip at Whitetail Mountain Resort, Mercersburg, PA

Join in the fun at Whitetail Mountain Resort in Mercersburg, PA for our annual ski trip. The fee listed below is for transportation only. The lift ticket and equipment rental fee are paid directly to Whitetail upon arrival. Transportation by van or bus, depending on size of registration. Inclement weather date: Wednesday, January 29, 2014.

Fee: \$25

355006 Weds., January 22 Leave 8:00 am, Return 4:30pm



Discovery on display at Udvar-Hazy Museum.
Courtesy: Craigboy @ Wikimedia Commons

FAMILY ENTERTAINMENT & EXCITING TRIPS

Whatever your age, we have a trip for you!
Let the Family Memories Begin!

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program planned with your interests in mind. Join us for our Fun Family and Adult trips being offered throughout each season and leave the driving to us. Registration begins Monday, August 5, 2013 at 8:30am.

Get ready to explore some of the most exciting destinations in the Mid-Atlantic! Take in museums, sports events, theaters, festivals, special events and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early, as seats go fast. Go by yourself, with friends, or take the whole family. Children under 18 must be accompanied by an adult. Flyers are available with more detailed information at all MCR-operated Senior and Community Centers and on-line. For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

Please Note: Due to the WSSC work at Holiday Park parking areas, All Fall 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

The 46th Annual Maryland Seafood Festival, Sandy Point, MD

A tasty and entertaining tradition, with music, great food, exhibits, arts and crafts, and featuring family fun and feasting event is expected to draw 20,000+ visitors from the all across the mid-Atlantic region. Maryland's top restaurateurs and chefs participate in the weekend festival showcasing the great seafood that the state has to offer. That tradition has been built around a safe, family friendly environment showcasing the great seafood that Maryland has to offer while bringing people from all over the East Coast in the off season. Live music performances, local charities selling delicious treats, creative craft booths, not to mention everyone's seafood favorites, guaranteed fun is had by all! Price includes transportation and festival admission.

Fee: \$49
 361564 Sat., September 7 Leave 9:30am, Return 4:30pm

Sharpsburg, MD Heritage Festival

This year marks the 151st anniversary of the Civil War battle, Battle of Antietam. Every year on the second Saturday after Labor Day in September, the town of Sharpsburg, MD celebrates its past, present and future, featuring live music, arts & crafts, food, contests, lectures, book signings, living history and entertainment by Wildcat Regimental Band, 2nd Maryland Fife and Drum Band. Price includes transportation. Meals on your own.

Fee: \$39
 361614 Sat., September 14 Leave 9:00am, Return 4:00pm

Artsfest'13 Annmarie Sculpture Gardens & Art Center, Solomons, MD

20th Anniversary of Artsfest! Juried fine arts and crafts festival held at a sculpture park and arts center-beautiful venue! Indoor and outdoor booths-beautiful Arts Building with indoor booths available! Artist cash awards. Loyal crowd! Performing arts, children's activities, demonstrations, and exhibits. Great food, wine tasting, & micro brews. Price includes transportation and admission to the festival. Meals and beverages on your own!

Fee: \$49
 361615 Sat., September 21 Leave 8:00am, Return 5:00pm

Frederick's Oktoberfest, Frederick, MD Fairgrounds

A traditional Oktoberfest with German bands, Alpine dancers, polka, Strongperson contests, Biergarten, children's tent, entertainers, German/American foods, 50 craft vendors, Hobby Hollow, minicar racing. Dance, storytellers, clowns, magicians, crafters. What would Oktoberfest be without the Food & Beer? There is plenty of food to satisfy everyone's tastes. From German bratwurst, Sauerbraten, German potato salad, sauerkraut, hotdogs, and pretzels. And don't forget the strudel. There is something for everyone at Oktoberfest! What would Oktoberfest be without beer? There is always an Oktoberfest brew or two on tap, and you will likely find a kolsch, but there are more to sample. Price includes transportation and admission fee. Food and Beverages are on your own.

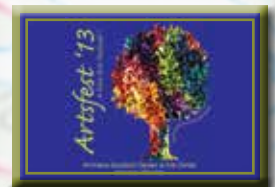
Fee: \$39
 361664 Sat., September 28 Leave 10:00am, Return 4:00pm



Maryland Seafood Festival



Heritage Festival



Artsfest



Frederick's Oktoberfest



Riverside Winefest

Riverside Winefest at Sotterley Plantation, Hollywood, MD

Celebrating the Best of Maryland in the breathtaking setting of this National Historic Landmark! Twenty-three Wineries last year! Enjoy an afternoon of multiple wine tastings, live music, great food, exhibits and demonstrations, artisans, children's programs and more in a breathtaking setting! Fabulous foods for purchase featuring such Southern Maryland specialties as crab cakes, fried oysters, stuffed ham, pit roasted meats, freshly made ice cream and more. Free mini tours of the 1703 Plantation House, 1830s Slave Cabin, and Colonial Revival Gardens. Price includes transportation and wine tasting admission and house and garden tours. Meals on own.

Fee: \$69

361669 Sat., October 5 Leave 10:30am, Return 5:30pm



Catocin Colorfest

Catocin Colorfest, Thurmont, MD

The main festivities include craft vendors from around the country. Juried arts and crafts show featuring nationally well known and recognized artisans. Many residents, shops, and local organizations set up food stands and yard sales throughout town. This year there will be more than 360 vendors selling crafts like quilts, furniture, pottery, art, candles, and stained glass decorations. There were hundreds of tents all over town. Crafts were being sold all along main street and inside the community park all within walking distance throughout the town. Price is for transportation. Food and beverage are on your own.

Fee: \$39

361986 Sat., October 12 Leave 10:00am, Return 6:00pm



A Chorus Line

A Chorus Line: New Candlelight Theatre, Ardentown, DE

Travel to the New Candlelight Theatre in New Castle County, Delaware and spend an afternoon with the cast of 'A Chorus Line.' Winner of 9 Tony Awards, 'A Chorus Line' highlights the pain and struggle of working actors pounding the pavement to get hired for a Broadway musical. A powerful metaphor for all human aspirations, this show has been inspiring audiences for years and includes such classics as 'Dance Ten, Looks Three,' 'At the Ballet,' and 'What I Did for Love.' Before the show, enjoy dining on a delicious buffet lunch. Price includes transportation, buffet and show.

Fee: \$99

362014 Sun., October 20 Leave 11:00am, Return 8:00pm



Apple Festival

Peddler's Village Apple Festival, Shops and Penn's Outlets, Lahaska, PA

Peddler's Village has something for everyone from 70 specialty shops and 6 restaurants and Gigglesberry Fair family entertainment center. Enjoy the Apple Festival with Scrumptious apple treats including country apple butter, apple cider, apple zeppoles, apple fritters and everyone's favorite--apples dipped in caramel! Take home a bushel fresh from the orchard. Juried Artisans sell their wares and demonstrate their skills at our Street Road Green Artisan Area. Live entertainment and apple pie-eating contests add to the festivities of this traditional autumn celebration. Adjacent to Peddler's Village, you will find Penn's Purchase Factory Outlet Stores which offer over 40 of the best names in Outlet Shopping nestled in a charming country village setting. Price includes transportation. Meals and purchases on your own!

Fee: \$59

362119 Sat., November 2 Leave 7:30am, Return 7:30pm

Frank Lloyd Wright's Fallingwater & Kentuck Knob, Laurel Highlands, PA

Enjoy a day exploring the well-known 'Fallingwater' & 'Kentuck Knob', the homes designed by Frank Lloyd Wright and their surrounding grounds. Enjoy lunch at the Cafe' at Fallingwater. Please note: there are over 100 steps in the home on six levels. Our trip includes transportation, tour admissions of the homes and their surrounding grounds and a lunch voucher for the Cafe' at Falling Water.

Fee: \$109

362125 Friday, November 8 Leave 6:00am, Return 7:00pm



Falling Water

Sister Act, at the Kennedy Center, Washington, DC

The irrepressible Deloris Van Cartier, aka Sister Mary Clarence, will be in Washington DC this fall! Sister Act The Musical, the high spirited Broadway show inspired by the blockbuster 1992 comedy film. When Deloris becomes a witness to a hideous crime, her glitzy life as a nightclub singer is turned upside down. She is put under witness protection and sent to a place where the criminals will not think to look-a convent. Under the suspicious and vigilant watch of the convent's Mother Superior, Deloris is forced to conform to her confining life as a fake nun. Under Mother Superior's watchful eye, she helps her fellow sisters find their voices, not to mention her own. Price includes transportation and the show.

Fee: \$139

362168 Sun., November 10 Leave 11:45am, Return 5:45pm

Jersey Boys at the Hippodrome Theatre, Baltimore, MD

How did 4 blue-collar kids become one of the greatest successes in pop music history? The 2006 Tony Award-winner for Best Musical takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. Discover the secret of a 40-year friendship: 4 kids working their way from the streets of Newark to the heights of stardom. They wrote their own songs, invented their own sounds and sold 175 million records worldwide-all before they were 30! And experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame: 'Sherry', 'Big Girls Don't Cry', 'Dawn', 'Can't Take my Eyes off You' and more. Worldwide, more than 14 million people have seen Jersey Boys, and now it is 'Working Its Way Back' to Baltimore! Price includes transportation and show.

Fee: \$139

362164 Sun., November 17 Leave 11:00am, Return 5:00pm

Festival of Trees: Maryland State Fairgrounds, Timonium, MD

Join us for Kennedy Krieger Institute's Festival of Trees--a three-day holiday-themed festival held to raise funds for research, patient care, special education, and community programs at Kennedy Krieger Institute. With more than 600 spectacular holiday trees, wreaths, and gingerbread houses created by a wide variety of individuals and community organizations, PLUS live holiday entertainment, more than 100 seasonal merchants, a children's craft and game area, a magical carousel, 'reindeer' pony rides, and of course, Santa, you're sure to have fun with the entire family! Price includes Transportation and show admission. Meals are on your own.

Fee: \$49

362165 Sat., November 30 Leave 9:00am, Return 4:00pm

30th Pennsylvania Christmas and Gift Show, Harrisburg, PA

It's Big! It's Beautiful! It's All Indoors! It's Christmas in Harrisburg! Christmas shop at the largest holiday show in the country, over 750 specialty shops selling a wide array of exclusive, unique gifts for family and friends. See a life-size re-creation of Olde Christmas Village, decorated trees and mantles, 110-foot train display, cooking clinics, choral and musical groups, dance troupes Santa and children's workshop and much more! Free package check, 600-seat cafeteria and much, much more! Price includes transportation and show admission.

Fee: \$59

362167 Sat., December 7 Leave 8:30am, Return 5:30pm

Miracle of Christmas, Sight & Sound Millennium Theatre. Lancaster, PA

Before the show enjoy a delicious Buffet lunch at Hershey Farm Restaurant Adjacent to the theatre in Lancaster, PA. We will proceed to the Sight & Sound Millennium Theatre. Christmas memories jump to life as a brand-new sensory experience highlights the return of Miracle of Christmas to the Millennium Theatre. The Millennium Theatre will be grandly decorated with lights, greenery, Nativity scenes and a spectacular thirty-foot Christmas tree. But all of the holiday finery is only a prelude to the thrilling story of Christmas-Jesus the Messiah coming to earth in human form. Miracle of Christmas is the touching story of kings, angels and a simple, faithful couple used by God. As the Wise Men and shepherds did so long ago, follow the star to witness the miraculous truth of the Savior's birth! Price includes transportation, buffet lunch and show.

Fee: \$129

362169 Sat., December 21 Leave 8:30am, Return 6:30pm



Sister Act



Jersey Boys



Festival of Trees



Christmas and Gift Show



Miracle of Christmas



THERAPEUTIC RECREATION



SPORTS YOUTH LEAGUES

Miracle League Soccer

The Miracle League gives disabled children the chance to play soccer. A level-playing field where physically and mentally challenged children can kick the ball, run, and play goalie. During each Miracle League game, every child is given an opportunity to kick the ball and score. Miracle League team members are assigned 'buddies' who assist them in field. Program will meet for 7 weeks.

7 Sessions \$55
364284 S. Germantown Rec Pk 9/8 Su 11:00am-2:00pm

Miracle League Baseball

The Miracle League gives disabled children the chance to play baseball. A level-playing field where physically and mentally challenged children can hit, run, and catch. During each Miracle League game, every child is given an opportunity to hit the ball and score a run. Miracle League team members are assigned 'buddies' who assist them in hitting the ball and 'running' the bases. Program will meet for 7 weeks.

7 Sessions \$45
360741 S. Germantown Rec Pk 9/7 Sa 10:30am-2:00pm

SPORTS ADULT LEAGUES

Soccer League TR

Soccer League For Teens and Adults, ages 18 & older, with Developmental Disabilities. TEAM PRE-REGISTRATION REQUIRED (minimum 8, maximum 15 /team) for each Agency. A Registration Form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days.

6 Sessions \$40
Instructor:
360761 MCR Offices 9/22 Su 12:00pm-3:00pm

ARTS

Beginning Handbuilt Pottery for Adults

Teens and adults, ages 18 and up, with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$70
Instructor: Pamela Reid
360724 Wheaton CRC 10/9 W 1:30pm-2:30pm
360725 Wheaton CRC 10/9 W 2:30pm-3:30pm
360726 Ross Boddy CRC 10/10 Th 10:30am-11:30am
360728 Ross Boddy CRC 10/10 Th 1:00pm-2:00pm

Kaleidoscope Art

Ages 13 and Up with disabilities: A structured program of offering arts and crafts using various media to create one of a kind art. Class is taught by certified Art teacher with experience working with individual with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 4 participants.

6 Sessions \$45
Instructor:
360737 Plum Gar CRC 10/19 Sa 12:30pm-2:00pm

Watercolor and Drawing Exploration

Ages 18 and Up with disabilities. Learn the basics of opaque and transparent watercolor techniques. Experiment combining painting with drawing mediums such as charcoal and oil pastel. Please come with the desire to paint, draw and explore. Artist should be able to follow one and two-step instruction. \$15 materials fee due instructor.

8 Sessions \$70
Instructor: Vivienne Cho
360780 Wheaton CRC 10/10 Th 10:00am-10:45am

REC-VETS

The Rec-Vets program offers the opportunity for Veterans to transition into civilian life by participating in sports with other Veterans. Lockheed Martin and National Parks and Recreation have partnered to increase adaptive physical activities. The Parks: Return & Restore grant is to support programming for injured service members and injured veterans. All Veterans are encouraged to be social, be active and to have fun.

Adapted Volleyball Clinics

Open to Veterans: Two hours of instruction on individual skills and game strategies. This is a fun and competitive program to learn the skills and strategies of the game from experienced coaches. Adjustments are made and geared to all ability levels. Clinics cover drills and demos on the swing motions of the serve as well as the hit. This clinic enhances individual skills, and prepares players to develop a greater enjoyment of this lifetime sport.

6 Sessions \$20
Instructor: Volleyball Mid Atlantic
365947 Bauer Dr. CC 9/9 M 7:00pm-9:00pm
366000 Bauer Dr. CC 10/28 M 7:00pm-9:00pm



LEISURE SKILL CLASSES

TR BIG Game Nights

Ages 13 and Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Board games, theme nights, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Meets 10/11, 10/25, 11/8, 11/22, 12/13.

5 Sessions \$40
360766 Wheaton CRC 10/11 F 7:00pm-9:30pm

On The Move

Teens and young adults, ages 16-24 who are currently attending or have attended Learning For Independence (LFI) or School Community Base (SCB) in high school. Center/ Community based activities that include cooking, games, trips on Ride-On (should purchase smart card) and more. Participants must have communication skills, basic money management skills, ability to travel safely and know how to have fun! All fees are to be paid by EACH participant. 1 staff to 5 participants.

6 Sessions \$80
360744 Bauer Drive CRC 10/12 Sa 12:00pm-4:00pm

E-Z Hip Hop

Designed especially for individuals with developmental disabilities. Join the fun and exciting dance moves to the beat of hip hop music. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

10 Sessions \$75
Instructor: Sue E. Green
360730 Holiday Park Sr Ctr 9/28 Sa 11:00am-11:45am

Fun Rhythm & Roll

Ages 15 and Up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

10 Sessions \$75
Instructor: Sue E. Green
360732 Holiday Park Sr Ctr 9/28 Sa 10:00am-10:45am

TR Yoga Basics

Ages 15 and Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$80
Instructor: Irene Bopp
360773 Bauer Drive CRC 10/1 Tu 4:30pm-5:30pm
360774 White Oak CRC 10/3 Th 2:00pm-3:00pm

Karate for Individuals with Disabilities

Ages 6 & Up; youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white Gi (uniform). New students attend 9:00 class.

10 Sessions \$90
Instructor: Company Staff: TKA, Inc.
360739 Holiday Park Sr. Ctr 9/28 Sa 9:00am-9:45am
360740 Holiday Park Sr. Ctr 9/28 Sa 10:00am-10:45am

Slow 'n Easy Aerobics

Ages 15 and Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one-and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35
360755 Wheaton CRC 10/7 M, Tu 7:00pm-8:00pm
360756 Potomac CRC 10/10 Th 7:00pm-8:00pm
360757 Damascus CRC 10/10 Th 7:00pm-8:00pm
360758 Bauer Drive CRC 10/10 Th 7:00pm-8:00pm

Turn the Beat Around

Ages 13 and Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

8 Sessions \$35
360777 Upper County CRC 10/9 W 7:00pm-8:00pm
360778 Wheaton CRC 10/10 Th 7:00pm-8:00pm

Belt Buckle Busters

Ages 15 and Up with disabilities. Get motivated to eat healthy, exercise, and improve your body! Weekly weigh-ins, games, and group tips on healthy living and exercise. Participants should be able to independently follow two-step instructions. 1 staff to 10 participants.

8 sessions \$35
365134 Wheaton CRC 10/8 Tu 7:00pm-8:00pm
365135 Wheaton CRC 10/10 Th 6:00pm-7:00pm

Moving With Multiple Sclerosis

Ages 18 and Up with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$48
360742 Germantown CRC 10/6 Su 1:00pm-2:00pm

Jamboree

Ages 6-10 within the Autism Spectrum. Bouncing balls, waving parachutes, music and movement enhances social development in a structured setting. Participants are encouraged to use their words, should be able to follow simple instructions, understand basic rules, and toilet independently. Bring a bag lunch. 1 staff to 3 participants.

8 Sessions \$60
360736 Wheaton CRC 10/12 Sa 10:00am-1:00pm

FIND US FAST ON
YOUR SMARTPHONE



VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours.

Training provided.

Call the Volunteer Coordinator at 240-777-6870.





THERAPEUTIC RECREATION

TR AQUATICS

Additional Adaptive Aquatic classes are available through the Aquatics Team.
See page 40 for more details.

Adult Swim

Ages 18 and Up with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions		\$37
360720	MLK Swm Ctr	10/8 Tu 8:00pm-9:00pm
360722	Germantown ISC	10/9 W 8:30pm-9:30pm
360723	Olney Swm Ctr	10/11 F 7:00pm-8:00pm

TR Swimming with Physical Disabilities

This is a swimming and aquatic exercise class for people with MS and other disabilities who want work on their fitness and flexibility in an aquatic environment. Staff Ratio 1:6. No personal care provided.

8 Sessions	\$48	
360772	KSAC	10/10 Th 8:30pm-9:30pm

MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential. Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion.
rec.mainstream@montgomerycountymd.gov

SPECIAL EVENTS

Teens and Adults, ages 15 & Up with disabilities. Programs provide a safe, positive and fun recreation experience for all individuals. Appropriate social behavior is stressed. Transportation must be arranged prior to the event and is the responsibility of the participant, parent or guardian. Bring ID for check-in. A registration form is required. \$8.00 pre-registered or \$10.00 at the door.

SPOOKTACULAR COSTUME DANCE

Spiderman, Snow White, and Snoopy will be at the Biggest Dance of the Year! Rock your favorite costume and compete for a prize.

You gotta dress to win!

Saturday, October 26, 2013
7:00pm-10:00pm
Holiday Park Senior Center
Course #36078

Holly Jolly Holiday Dance

It is the "Best Time of the Year" when you attend our Semi-Formal Holiday Dance. Everyone looks great (as usual) wearing Holiday attire.

Saturday, December 14, 2013
7:00pm-10:00pm
Holiday Park Senior Center
Course #36079

Karaoke Night

What do Katy Perry, Justin Bieber and Kenny Chesney have in common? They are all great singers! If you are ready, grab the microphone and have lots of fun at the HP Lounge!

1 Session	\$8	
360738	Holiday Park Sr Ctr	9/21 Sa 7:00pm-10:00pm

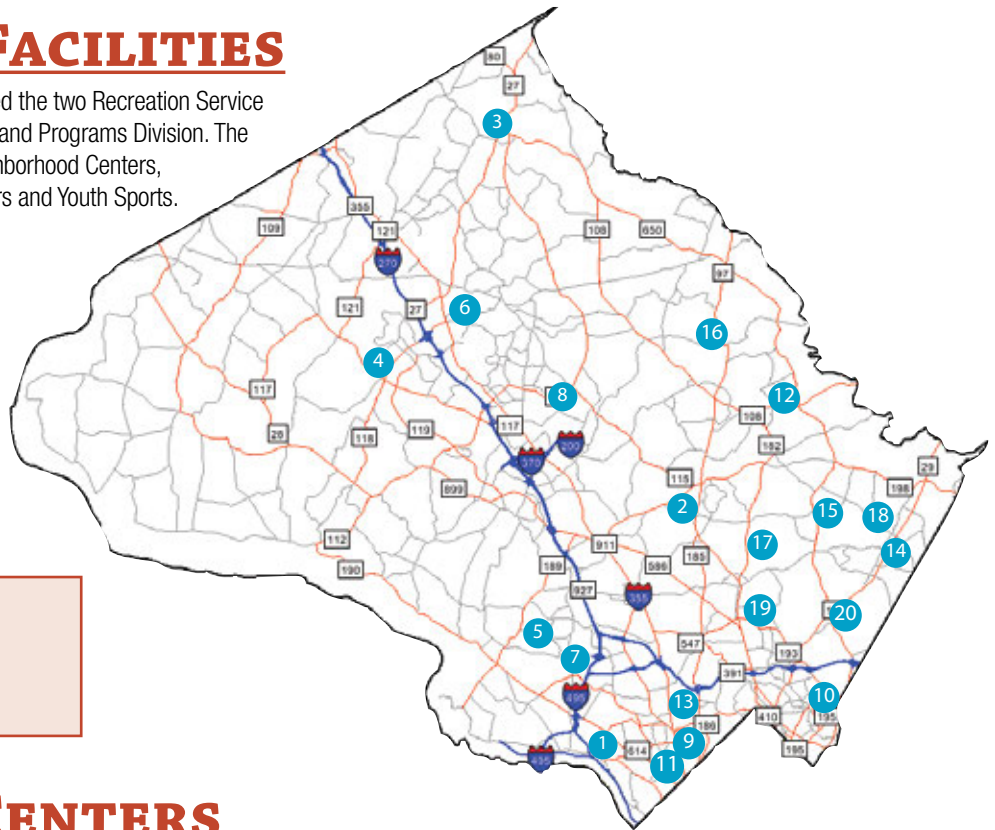
RECREATION COMMUNITY FACILITIES

The Department of Recreation has combined the two Recreation Service Regions to create the Community Facilities and Programs Division. The Division consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Fall Fun Centers and Youth Sports.

COMMUNITY FACILITIES AND PROGRAMS

240-777-4980

3950 Ferrara Dr., Wheaton



Aquatic Centers: See page 14.
Senior & Senior Neighborhood Centers: See page 86.
Facility Locations: See page 115.

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- | | |
|--------------------------------------|-------------------------------|
| 1 Clara Barton NRC | 240-777-4910 |
| 7425 MacArthur Boulevard, Cabin John | |
| 2 Bauer Drive CRC | 240-777-6922 |
| 14625 Bauer Drive, Rockville | |
| 3 Damascus CRC | 240-777-6930 |
| 25520 Oak Drive, Damascus | |
| 4 Germantown CRC | 240-777-8095 |
| 18905 Kingsview Road, Germantown | |
| 5 Potomac CRC | 240-777-6960 |
| 11315 Falls Road, Potomac | |
| 6 Plum Gar CRC | 240-777-4919 |
| 19561 Scenery Drive, Germantown | |
| 7 Scotland NRC | Closed for Renovations |
| 7700 Scotland Drive, | |
| 8 Upper County CRC | 240-777-8077 |
| 8201 Emory Grove Road, Gaithersburg | |

Area II

- | | |
|--|---------------------|
| 9 Jane E. Lawton CRC | 240-777-6855 |
| 4301 Willow Lane, Chevy Chase | |
| 10 Long Branch CRC | 240-777-6965 |
| 8700 Piney Branch Road, Silver Spring | |
| 11 Wisconsin Place CRC | 240-777-8088 |
| 5311 Friendship Boulevard, Chevy Chase | |

Area III

- | | |
|---|---------------------|
| 12 Ross J. Boddy CRC | 240-777-8050 |
| 18529 Brooke Road, Sandy Fall | |
| 13 Gwendolyn Coffield CRC | 240-777-4900 |
| 2450 Lyttonville Road, Silver Spring | |
| 14 East County CRC | 240-777-8090 |
| 3310 Gateshead Manor Way, Silver Spring | |
| 15 Good Hope NRC | 240-777-8055 |
| 14715 Good Hope Road, Silver Spring | |
| 16 Longwood CRC | 240-777-6920 |
| 19300 Georgia Avenue, Brookeville | |
| 17 Mid-County CRC | 240-777-6820 |
| 2004 Queensguard Road, Silver Spring | |
| 18 Marilyn J. Praisner CRC | 240-777-4970 |
| 14906 Old Columbia Pike, Burtonsville | |
| 19 Wheaton NRC | 240-777-8057 |
| 11711 Georgia Avenue, Wheaton | |
| 20 White Oak CRC | 240-777-6940 |
| 1700 April Lane, Silver Spring | |



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Bethesda ES.....	5011 Moorland LN, Bethesda, 20814
Carderock Springs ES.....	7401 Persimmon Tree LN, Bethesda, 20817
Chevy Chase ES.....	4015 Rosemary ST, Chevy Chase, 20815
Clarksburg ES.....	13530 Redgrave PL, Clarksburg, 20871
Cloverly ES.....	800 Briggs Chaney RD, Silver Spring, 20904
Cold Spring ES.....	9201 Falls Chapel WAY, Potomac, 20854
Darnestown ES.....	15030 Turkey Foot RD, Gaithersburg, 20878
DuFief ES.....	15001 DuFief DR, Gaithersburg, 20878
Forest Knolls ES.....	10830 Eastwood AVE, Silver Spring, 20910
Gibbs, William B. ES.....	12615 Royal Crown DR, Germantown, 20876
Greenwood ES.....	3336 Gold Mine RD, Brookeville, 20833
Jones Lane ES.....	15110 Jone LN, Darnestown, 20878
Kensington-Parkwood ES.....	710 Saul RD, Kensington, 20895
Luxmanor ES.....	6201 Tilden LN, Rockville, 20852
Matsunaga ES.....	13902 Broomfield RD, Germantown, 20874
McAuliffe, S. Christa ES.....	12500 Wisteria DR, Germantown, 20874
Oakland Terrace ES.....	2720 Plyers Mill RD, Silver Spring, 20902
Olney ES.....	3401 Queen Mary DR, Olney, 20832
Potomac ES.....	10311 River RD, Rockville, 20854
Resnik, Judith A. ES.....	7301 Hadley Farms DR, Gaithersburg, 20879
Rock View ES.....	3901 Denfeld AVE, Kensington, 20895
Rolling Terrace ES.....	705 Bayfield ST, Takoma Park, 20912
Rosemary Hills ES.....	2111 Porter RD, Silver Spring, 20910
Sherwood ES.....	1401 Olney-Sandy Spring RD, Silver Spring, 20860
Sligo Creek ES.....	500 Schuyler RD, Silver Spring, 20910
Somerset ES.....	5811 Warwick PL, Chevy Chase, 20815
Travilah ES.....	13801 Dufief Mill RD, Gaithersburg, 20878
Wayside ES.....	10011 Glen RD, Potomac, 20854
Westover ES.....	401 Hawkesbury LN, Silver Spring, 20904
Whetstone ES.....	19201 Thomas Farm RD, Gaithersburg, 20879
Woodlin ES.....	2101 Luzerne AVE, Silver Spring, 20910
Wyngate ES.....	9300 Wadsworth DR, Bethesda, 20817

Middle Schools

Cabin John MS.....	10701 Gainsborough RD, Potomac, 20854
Clemente, Roberto MS.....	18808 Waring Station RD, Germantown, 20874
Eastern MS.....	300 University BLVD, Silver Spring, 20901
Frost, Robert MS.....	9201 Scott DR, Rockville, 20850
Kingsview MS.....	18909 Kingsview RD, Germantown, 20874
Montgomery Village MS.....	19300 Watkins Mill RD, Gaithersburg, 20879
Parkland MS.....	4610 West Frankford DR, Rockville, 20853
Poole, John MS.....	17014 Tom Fox AVE, Poolesville, 20837
Ridgeview MS.....	16600 Raven Rock DR, Gaithersburg, 20878
Tilden MS.....	11211 Old Georgetown RD, Rockville, 20852
Wood MS.....	14615 Bauer DR, Rockville, 20853

High Schools

Bethesda-Chevy Chase HS.....	4301 East West Highway, Bethesda, 20814
Blair, Montgomery HS.....	51 University BLVD E, Silver Spring, 20901
Churchill, Winston HS.....	11300 Gainsborough RD, Potomac, 20854
Paint Branch HS.....	14121 Old Columbia PIKE, Burtonsville, 20866

Libraries

Davis Community Library.....	6400 Democracy BLVD, Bethesda, 20817
Wheaton Regional Library.....	11701 Georgia AVE, Wheaton, 20902

Parks

Cabin John RP.....	7400 Tuckerman LN, Rockville, 20852
Capital View-Homewood LP.....	2929 Edgewood RD, Kensington, 20895
Darnestown LP.....	14211 Darnestown RD, Darnestown,
Falls Road LP.....	12600 Falls Road RD, Potomac,
Meadowbrook LP.....	7901 Meadowbrook LN, Chevy Chase,
Norwood LP.....	4700 Norwood DR, Chevy Chase, 20815
Olney Family NP.....	19117 Willow Grove RD, Olney,
Olney Manor P.....	16601 Georgia AVE, Olney, 20832
Pilgrim Hills LP.....	1615 E Randolph RD, Colesville, 20904
Quince Orchard Valley NP.....	12015 Suffolk TER, Gaithersburg, 20878
Ridge Road RP.....	21155 Frederick RD, Germantown, 20874
South Germantown RP.....	14501 Shaeffer RD, Germantown,
Veirs Mill LP.....	4425 Garrett Park RD, Wheaton, 20906
Wheaton RP.....	2000 Shorefield RD, Wheaton, 20902
Wheaton-Claridge LP.....	11901 Claridge RD, Wheaton, 20902

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Bauer Drive CRC.....	14625 Bauer DR, Rockville, 20853
Clara Barton NRC.....	7425 MacArthur BLVD, Cabin John, 20818
Damascus CRC.....	25520 Oak DR, Damascus, 20872
East County CRC.....	3310 Gatheshead Manor WAY, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview DR, Germantown, 20874
Good Hope NRC.....	14715 Good Hope RD, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville RD, Silver Spring, 20910
Holiday Park SC.....	3950 Ferrara DR, Wheaton, 20906
Jane E. Lawton CRC.....	4301 Willow LN, Chevy Chase, 20815
Long Branch CRC.....	8700 Piney Branch RD, Silver Spring, 20901
Longwood CRC.....	19300 Georgia AVE, Brookeville, 20833
MCRD Offices.....	4010 Randolph RD, Silver Spring, 20902
Marilyn J. Praisner CRC.....	14906 Old Columbia PKY, Burtonsville, 20866
Mid County CRC.....	2004 Queensguard RD, Silver Spring, 20906
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls RD, Potomac, 20854
Ross Boddy CRC.....	18529 Brooke RD, Sandy Spring, 20860
Schweinhaut SC.....	1000 Forest Glen RD, Silver Spring, 20901
Germantown ISC.....	18000 Central Park Cir, Boyds, 20841
Kennedy Shriver AC.....	5900 Executive BLVD, N. Bethesda, 20814
Martin Luther King SC.....	1201 Jackson RD, Silver Spring, 20904
Olney Swim Center.....	16601 Georgia AVE, Olney, 20832
Wheaton/Glenmont Pool.....	12621 Dalewood DR, Wheaton, 20906
Upper County CRC.....	8201 Emory Grove RD, Gaithersburg, 20877
Wheaton NRC.....	11711 Georgia AVE, Wheaton, 20902
White Oak CRC.....	1700 April LN, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship BLVD, Chevy Chase, 20815

Other Facilities

Camp Olympia.....	5511 Muncaster Mill RD, Rockville, 20855
Create Arts Center.....	816 Thayer AVE, Silver Spring, 20910
Dansez! Dansez! Studio.....	8020 Norfolk AVE, Bethesda, 20814
Golden School of Music.....	8004 A Norfolk AVE, Bethesda, 20814
Gymnastics of America, Inc.....	9168 Gaither RD, Gaithersburg, 20877
Kritt Studio.....	14817 Brownstone DR, Burtonsville, 20866
Maryland Table Tennis Center.....	18761 Q Frederick RD, Gaithersburg, 20879
Restore Motion.....	5410 Edson LN # 350, Rockville, 20850
Yoga Plus Bethesda.....	8200 Hamilton Springs CT, Bethesda, 20817
Yoga PlusPotomac.....	9908 S Glen RD, Potomac, 20854

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MONTGOMERY PARKS • FALL 2013



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REGISTRATION OPENS

...**AUGUST 14/15*** for

- Brookside Gardens
- all Nature Centers
- South Germantown Driving Range

for **ICE SKATING & HOCKEY**

...**AUG. 5/6* - SEPT. 4**

for Fall 1 Session

...**OCT. 20/21* - OCT. 30**

for Fall 2 Session

for **INDOOR TENNIS**

...**AUG. 18/19***

for Fall 1 Session

...**OCT. 11/12***

for Fall 2 Session

for **OUTDOOR TENNIS**

...**AUG. 18/19***

** Registration is open to Montgomery County residents one day early for all classes; next day registration is open to all.*



MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Fall 2013

Dear Montgomery County Resident,

It's been a busy and productive summer in Montgomery Parks. Fall promises to be just as busy (and hopefully a little cooler). This letter usually points out interesting and fun things to do and see in the parks—but today, I'd like to urge you to connect with Montgomery Parks in an especially important way.

We need your input and ideas—especially at the beginning of projects and plans. How can you do this?

First, stay informed. Visit www.ParkProjects.org and you'll find a huge amount of information, from upcoming public meetings and projects actively seeking public input to projects in the facility planning stages and the status of current projects. Check out www.MontgomeryParks.org and look at the "Upcoming Community Meetings" and "Community Corner." Interested in the Countywide Park Trails Plan, bus rapid transit (BRT), the White Oak Science Gateway, Ten Mile Creek or free trees (yes, free trees—check out "Shades of Green")? Visit www.ParkPlanning.org. There's a wealth of information there on projects and work that may very well affect where you live, work or play.

Second, get involved. Let your voice be heard on new projects, changes and how your tax dollars are spent. Fill out a "How Are We Doing" survey at a Montgomery Parks facility. Sign up to receive the weekly "infoShare" e-newsletter. Sign up your HOA, civic association or community listserve to receive Public Meeting notices and information of specific interest to your group (just enter "HOA" in the search box on MontgomeryPlanning.org and you'll find a direct link). All current major capital improvements program (CIP) projects found on www.MontgomeryParks.org/pdd include the name, email and phone number of the Project Manager in charge—yet another opportunity to share your ideas. Come to the Public Meetings, and speak up. Attend a Montgomery County Planning Board meeting (or watch it live online or on your smart phone). Attend a Montgomery County Council meeting. Better yet, sign up to testify about a project or concern that's near and dear to your heart.

Here are just two of the many, many projects for which M-NCPPC's Montgomery Parks is seeking input:

- A multi-year plan to improve accessibility for people with disabilities in our parks, playgrounds, ball fields, facilities and programs. We held one public meeting in June, and more will be scheduled. Please visit www.MontgomeryParks.org/ada to give us your ideas, suggestions and priorities. You may also email us at adacompliance@MontgomeryParks.org, or call 301-495-2571.
- The Playground Renovation Program, which includes playgrounds scheduled for renovation as well as new playgrounds slated to be built in the future. Take the Playground Survey while you're there (go to www.MontgomeryParks.org/pdd, and look for "Public Input" on the right-hand side).

Have a wonderful fall in Montgomery Parks, and we hope to hear from and see you soon.

A handwritten signature in black ink, appearing to read 'Francoise M. Carrier'.

Françoise M. Carrier
Chair

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MontgomeryPlanningBoard.org E-Mail: mcp-chairman@mncppc.org

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This park bench is more
than just a place to sit.

This bench is dedicated to the memory of a beloved family member who spent countless hours in this park appreciating the serenity and enjoying nature. Stan walked his dog here and watched his grandchildren play on the playground. This was one of Stan's favorite places and now this bench reminds us of the time he enjoyed here.

The **Montgomery Parks Foundation** can help you honor or memorialize people you love, admire, respect or miss in your life. Your dedication can acknowledge a special birthday, mark a life milestone or create a place of importance for your family.

***Make a bench in your park
more than just a place to sit!***



Montgomery Parks
FOUNDATION

For more information contact: Raleigh Leichter,
Development Program Manager at Raleigh.Leichter@
MontgomeryParksFoundation.org or call 301-495-2567.

www.MontgomeryParksFoundation.org





MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends • 301-528-3490 Monday-Friday
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 recorded info • 301-762-1888 in season
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance.

DRIVING RANGE

South Germantown Driving Range ParkPASS
South Germantown Recreational Park
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

EVENT CENTERS

Looking for the perfect spot for a wedding, anniversary, family reunion, retirement party, business meeting or retreat? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.com or www.BrooksideGardens.org

Lodge at Little Seneca Creek with new event tent!
14500-A Clopper Road, Boyds, MD 20841
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.LodgeatSeneca.com

Rockwood Manor ParkPASS
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.RockwoodManor.com

Woodlawn Manor Park
16501 Norwood Road, Sandy Spring, MD 20860
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.WoodlawnManor.com

FUTSAL

Wheaton Sports Pavilion in Wheaton Regional Park; see "Soccer"

GARDENS

Brookside Gardens • Wheaton Regional Park **ParkPASS**
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

HORSEBACK RIDING & STABLES*

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallen Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

**Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission).*

ICE SKATING

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena **ParkPASS**

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center **ParkPASS**

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

Wheaton Sports Pavilion

Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com
200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, league play and more.

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

SKATEBOARDING & INLINE

Olney Manor Skate Park **ParkPASS**

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center **ParkPASS**

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (OUTDOOR)

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: www.ParkPASS.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

TRAINS (MINIATURE)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

CONTACT

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **www.ParkPermits.org**
301-495-2525
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- For info on a Montgomery Parks class or program: **301-495-2580**
www.ParkPASS.org
MCP-ParkPassHelp
@MontgomeryParks.org
- To volunteer in the Parks: **www.ParksVolunteers.org**
- General Information: **301-495-2595**
www.MontgomeryParks.org
- For info about a specific park: **www.MontgomeryParks.org**
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks! Visit **www.MontgomeryParksFoundation.org**

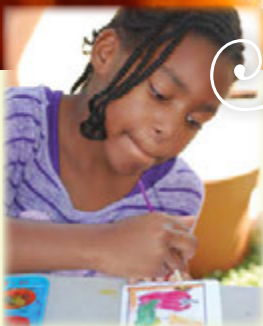
When you see the words "ParkPASS"...

When you see the words "**ParkPASS**" next to a facility name in this directory, it means there are people at that facility who can help you register for any Parks program using the **ParkPASS** online registration system.

You can also open a new **ParkPASS** account at these locations. Facility hours vary; please call before stopping by.

To open your free **ParkPASS** account online, visit **www.ParkPASS.org**

Brookside Gardens Fall Events



Children's Day School's Outside!

Saturday,
September 21
11am-4pm
FREE

Focusing on the theme *School's Outside!*, the day's activities will begin as children pick up a "class schedule" and then visit

each of the activity tents, including Math, Science, Reading, Art and Music, where they will participate in exciting, hands-on activities related to each subject. Throughout the day, they will be delighted by activities, crafts, displays and story time.

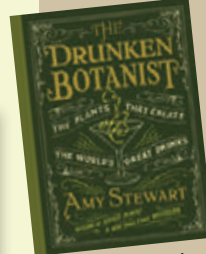
Back by popular demand, *The Crowdaddies* will entertain us with their Louisiana Cajun /Zydeco/Blues sounds (with northeastern Roots-Rock/Americana/Ska influences). Their unique sound will have you dancing long after the school bell has rung for the day. Shows at 12:00 noon & 2:00pm



Special Event Botanical Happy Hour and Lecture with Amy Stewart Thursday, October 17, 6:30-9:00pm

Join Brookside Gardens and Amy Stewart, author of the *New York Times* bestseller *The Drunken Botanist*, for an exploration of the dizzying array of plants

that humans have, through ingenuity, inspiration, and sheer desperation, contrived to transform into alcohol. From the sugar cane that gives us Caribbean rum, to the juniper berries that flavor gin, Amy Stewart takes a most intoxicating perspective on the leaves, bark, seeds, roots, flowers, and fruit imbibed around the world. Before the lecture, enjoy a botanical happy hour and book signing with Amy! Course number 245899; registration required at ParkPASS.org Fee: \$40; FOBG: \$30



Pumpkin Panache Family Festival

Friday, October 18, 5:00-8:00pm

The whole family will enjoy this event, including lots of pumpkin crafts, games, and activities. Try your bowling skills with a pumpkin, paint a pumpkin, play pumpkin golf and pumpkin penny pitch, plus taste a few delicious pumpkin treats! Register children ages 2 and up. Fee: \$8/child. Parents are free. Course number 247699; registration required at ParkPASS.org



Fall Harvest Scavenger Hunt Friday, November 15 10:00am-12:00pm

Have some fall season fun throughout the gardens. Start at the Visitors Center and follow the colorful leaf trail leading you to the Conservatory and back again. Along the way hunt for seasonal clues and participate in fun activities, exercises and crafts. Guided garden walks leave on the half-hour beginning at 10:00am. Last walk leaves at 12:00pm. An adult must walk with each child and assist in the activities.

Please register for a time at ParkPASS.org. Ages: 2-6; Fee: \$5/child

Course number 247649 - 10:00am

Course number 247650 - 10:30am

Course number 247651 - 11:00am

Course number 247652 - 11:30am

Course number 247653 - 12:00pm

Wings of Fancy
Live Butterfly & Caterpillar Exhibit
open daily from 10:00am-4:00pm
through Sunday, September 22



Chrysanthemum Display

Saturday, October 12 –
Monday, November 25
open daily from 10:00am-5:00pm
(South House closes Monday, November 18)

Brookside
GARDENS

BrooksideGardens.org | 301-962-1400



Brookside GARDENS

1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org

Adult Programs



Botanical Painting Basics

Curious about the botanical watercolor painting techniques taught at Brookside Gardens School of Botanical Art and Illustration? Watch as the teacher describes a technique, then paints the transparent watercolor washes used for painting leaves and petals—flat washes, graded washes and shadow washes—dexterously working the brush to paint shadow shapes and achieve both defined and blurred edges...beautiful! After each demonstration, participants try the technique on pieces of watercolor paper supplied. Minimal art materials are required. A small class fee for watercolor paper must be paid to the teacher at class.

248903 18 & up 1 Class \$35 9/12 Th 10:00am-12:00pm



Low Tunnel Construction

This hands-on workshop for food gardeners will teach you how to build and maintain a low tunnel and cold frame—the fundamental structures to grow food throughout the winter. FOBG \$18

248605 18 & up 1 Class \$20 9/14 Sa 1:00pm-2:30pm

Kokedama

Kokedama is an offshoot of the Nearai Style of Bonsai and features plants grown in a moss ball instead of the traditional low pot. Learn how to make and care for your own fascinating Kokedama. You will take home a set of two; all plants, moss and display materials included. FOBG \$72

248699 18 & up 1 Class \$80 9/15 Su 10:00am-12:00pm

A Visit to the Green Farmacy

Enjoy a day at the sanctuary of medicinal plants collected by retired USDA botanist James A. Duke and his wife Peggy, a professional botanical illustrator. The Green Farmacy Garden holds over 300 native and non-native species that have been traditionally used and/or researched for medicinal purposes. Fee includes transportation and drinks. Please wear walking shoes, and bring a lunch and water.

248249 18 & up 1 Class \$35 10/2 W 9:00am-2:00pm

Maple Leaves & Winged Seeds

Learn a novel botanical watercolor painting technique developed by **John Pastoriza-Pinol**, one ideally suited to the contemporary botanical art scene. Produce study pieces that define the most exquisite detail through varying layers of light and shadow using watercolor masking fluid deftly applied with tools such as the NEEF® Comb, an essential tool for any serious botanical artist. John's winning approach to instruction includes class discussion and step-by-step instruction delivered through an abundance of practical demonstrations, with time set aside for individual guidance.

248904 18 & up 4 Classes \$460 10/3 Thu-Su 10:00am-4:30pm



Drawing 101: Drawing Is Seeing

Would you like to learn how to draw? By learning observation, correct pencil hold, perspective, and composition basics, you will be well on your way! Step-by-step instruction and lots of individual guidance will have you drawing and enjoying these classes. The weekly class program, including materials required, is mailed with registration confirmation. Those registering on line must call 301-962-1451 to request a weekly program and materials list. Four weekly classes.

248899 18 & up 4 Classes \$245 10/8 Tu 10:00am-1:30pm

Composting and Vermicomposting

Learn about soil nutrition, the many benefits of compost, and how to make it—including vermicompost (worm castings), the "black platinum" of compost! FOBG \$15

248805 18 & up 1 Class \$18 10/8 Tu 6:30pm-8:30pm

Ellipses and Midlines

This workshop is not only important instruction for botanical art, where many plant elements are based on symmetry and circles in perspective, but for any painters interested in improving perspective drawing for still life. Various practical exercises as used in our core instruction can be applied to all representational drawing. Understand the importance of the midline, also used when sketching circles in perspective; and how posture, arm and hand movement can also aid better drawing and see true symmetry and convincing daisies, lily pads on ponds, and adeptly drawn vases.

248905 18 & up 1 Class \$62 10/12 Sa 10:00am-1:30pm

Educator's Open House

October 10

see page 143 for
description

Flower Power Happy Hours

Come to Brookside for an after-work floral pick-me-up with your co-workers or friends. Enjoy a relaxed atmosphere with music, refreshments, and flower arranging guaranteed to make you feel better! Please bring a box or container to transport your design. FOBG \$49



Indian Summer Sizzle

Hang on to the last rays of summer (without the heat) as you learn a new design technique while working with fresh flowers in bright and beautiful colors. Bring a friend along to share in the fun and create a bold design to give as a gift or take home to enjoy.

248749 18 & up 1 Class \$54 9/17 Tu 6:30pm-8:00pm

Fresh Ways with Market Bouquets

For many of us, selecting a mixed bouquet of flowers while doing our shopping has become second nature. But how often have you been disappointed with the final look of your flowers once the fancy paper is off and the flowers are sitting plainly in your vase? Trust us, you are not alone. Learn some new techniques and gain the confidence to transform your bouquet from the everyday into something absolutely fabulous. You will complete one design to take home or share.

248750 18 & up 1 Class \$54 10/15 Tu 6:30pm-8:00pm

Bountiful Expression

This is the season of bounty. There is a rich abundance of floral materials in colors that reflect nature winding down for the year. While you arrange seasonal flowers, you'll also learn new design techniques. Consider sharing the experience with a family member or friend. Everyone will complete one design to take home or share.

248799 18 & up 1 Class \$54 11/12 Tu 6:30pm-8:00pm



Champion Tree Tour

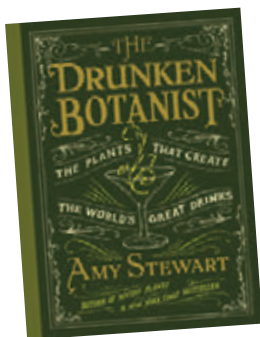
Join Joe Howard of the Montgomery County Forestry Board and Montgomery Parks Forest Ecologist Carole Bergmann for this popular annual tour. This year will feature the many impressive champion trees growing on county historical sites. Fee includes transportation and drinks. Please wear walking shoes, and bring a lunch and water.

248250 18 & up 1 Class \$45 10/16 W 9:30am-4:00pm

Botanical Happy Hour and Lecture with Amy Stewart

Join Brookside Gardens and Amy Stewart, author of the *New York Times* bestseller *The Drunken Botanist*, for an exploration of the dizzying array of plants that humans have, through ingenuity, inspiration, and sheer desperation, contrived to transform into alcohol. From the sugar cane that gives us Caribbean rum, to the juniper berries that flavor gin, Amy Stewart takes a most intoxicating perspective on the leaves, bark, seeds, roots, flowers, and fruit imbibed around the world. Before the lecture, enjoy a botanical happy hour and book signing with Amy! FOBG \$30

245899 21 & up 1 Class \$40 10/17 Th 6:30pm-9:00pm



Garden Walks and Demos

Gain an insider's knowledge of the seasonal happenings at Brookside Gardens. Staff and our highly trained, knowledgeable guides will offer you a depth of knowledge in the following programs that you won't get anywhere else. Dress for the weather and wear comfortable shoes. FOBG \$5



Demo: Creating the Peacocks

The beautiful pair of peacocks in the rain garden has created quite a stir this summer. Join their creator, Lisa Tayerle, for a talk and demo about how she designed the birds.

248549 18 & up 1 Class \$6 9/20 F 1:00pm-2:30pm

Walk: Autumn Tour of the Gardens

Come along for a walk through Brookside to see and learn about the colors of the season!

248550 18 & up 1 Class \$6 9/27 F 1:00pm-2:30pm

Walk: Autumn Tour of McCrillis Gardens

Explore the beautiful woodland gardens at McCrillis with a trained guide and enjoy the highlights of the season!

248551 18 & up 1 Class \$6 10/4 F 1:00pm-2:30pm

Demo: Plants and Construction

Brookside Gardens is undergoing many changes for the better these days, but these changes mean construction! Join Phil Normandy for a "show and tell" of Brookside's approach to protecting, moving, or even sacrificing plants in the face of construction.

248552 18 & up 1 Class \$6 10/18 F 1:00pm-2:30pm

Walk: Fall Conservatory Tour

Join Kathy Stevens for a tour and the inside scoop on this year's Chrysanthemum Display!

248554 18 & up 1 Class \$6 11/1 F 1:00pm-2:30pm

Demo: Planting Tulips

Come learn the proper way to plant your tulip bulbs with Roger Haynes, and see how we design and prepare the Fragrance Garden beds for a beautiful spring display.

248555 18 & up 1 Class \$6 11/8 F 1:00pm-2:30pm

Paint a Useful Color Wheel

Three tubes of watercolor can be mixed to produce the full range of colors needed for the entire painting of your plant subject. Hone color observations skills as you learn the methodology to produce your own aid to color mixing/matching with a limited palette color wheel. The three tube colors chosen for this workshop will be suited to various plants supplied for the class. With this know-how and new appreciation for color, complete this color wheel at home and apply the same methods for the other two wheels in the Saul palette, which will see most plant color schemes covered.

248952 18 & up 1 Class \$88 10/25 F 10:00am- 3:30pm

The 2-for-1 Container

Join Joan O'Rourke, Friends of Brookside Gardens, to plant a unique container that will provide a colorful accent this fall, followed by a beautiful bulb display in spring. All supplies, planting and care instructions will be included. FOBG \$54

245849 18 & up 1 Class \$59 10/25 F 10:00am-12:00pm

245850 18 & up 1 Class \$59 10/25 F 1:00pm- 3:00pm

Creative Composition for Botanical Art

No prerequisite (if seeking elective credit, prerequisite is Painting 205) Whatever medium you prefer, this class will provide you with a few "do's and don'ts" and composition tips that will make your art life easier and your finished art more successful. Beginning with fast and fun exercises, students will identify the basic art elements and use these to establish foreground, mid-ground and background, focal points, light source on form, create shadows, and how color affects composition. Students will do pages of thumbnail compositions and learn to use tracing paper and B/W photocopies as tools for exploring options in composition. Useful handouts will be available at class.

248906 18 & up 2 Classes \$210 11/2 & 16 Sa 10:00am- 4:30pm

Anatomy of a Leaf

Gain a new appreciation for leaves this fall! Learn about the scientific principles behind leaves' fall color, habits and functions while creating leaf "skeletons." Through a heating process, we'll be able to strip away the tissue of leaves, allowing only the intricate veins to remain. These skeletonized leaves are the basis for innumerable crafts, right in time for the holidays! FOBG \$15

248806 18 & up 1 Class \$18 11/6 W 1:00pm- 2:30pm

Observational Studies: Seed Pods

Observational drawing studies are a vital part of the creative process for any botanical artist. Such pages provide important reference for detailed botanical painting. Identify and draw a variety of interesting seed pods. Bring some of your favorite seed pods or large seeds to add to the pool of material to be shared around at class. These drawings form a good starting point for the workshop in December, "Shading in Detail: Seed Pods."

248950 18 & up 1 Class \$62 11/14 Th 10:00am- 3:30pm

Guide to Local Gardening Series

For people who are new to gardening and gardeners who are new to the DC metropolitan area, learn about our local gardening world and resources. FOBG \$15



Session 1: Local Gardening Resources

What annual garden festivals are worth attending? Which public gardens fit my needs? What are the best places to shop? Where do I find out more information? You will receive a special reference handout listing local gardening classes, shows, public gardens, web sites, garden books, and much more.

248802 18 & up 1 Class \$18 9/26 Th 2:00pm- 3:30pm

Session 2: Regionally Adapted Plants

Low-maintenance gardening is the goal of many of us in our busy lives, and the key is planting the right plants for our local climate. We'll talk about some native plants, of course, but mostly we'll explore the tried-and-true plants that can take clay soil, deer, and/or periods of drought. Season-by-season, we'll share our favorite plants that excel in our local gardens.

248803 18 & up 1 Class \$18 10/3 Th 2:00pm- 3:30pm

Session 3: Local Gardening 102

So you've been gardening for a few years, but still feel like there are some holes in your gardening knowledge that you'd like answers to? This class is for you. We'll take it to the next level and talk about local gardening challenges like poor landscape drainage, gardening on a slope, dealing with deer, planting in clay soil, etc. We'll also examine case studies of local gardeners who have conquered these common garden challenges.

248804 18 & up 1 Class \$18 10/17 Th 2:00pm- 3:30pm

Drawing 102

Start drawing plants—learn to observe and draw leaves then flowers to create a botanical study through step-by-step instruction that sees art and science connect. Learn about plant structure and the importance of accuracy—and as you look deeper and become inspired by nature's design, enter the world of artist facilitated with continuing instruction in the elements and principles of design. *Prerequisite: Drawing 101 Those registering on line must call 301- 962-1451 to request a weekly program and materials list.*

248900 18 & up 4 Classes \$245 11/19 Tu 10:00am- 1:30pm

Mixed Winter Container

In this popular class, Joan O'Rourke will help you create a miniature winter garden in a container featuring plants that can stand up to winter's harshest weather. Mix a variety of dwarf evergreens with a splash of herbaceous plants for some late-season color. *Cost covers all materials, including a 14-inch container (or bring your own favorite container). FOBG: \$70*

248807 18 & up 1 Class \$75 11/22 F 10:00am-12:00pm

248808 18 & up 1 Class \$75 11/22 F 1:00pm- 3:00pm



Thanksgiving Table Flowers

Thanksgiving traditions vary from family to family, but food, family and flowers are the tradition for most of us. It's a wonderful time to bring a friend or family member to kick off the holiday season while learning the latest trends for designing your Thanksgiving table. You will use traditional and new techniques while working with fresh flowers and seasonal items to create a floral design suitable for everyone's table. Each student will complete one design to take home or share. FOBG \$49

248809	18 & up	1 Class	\$54	11/25	M	3:30pm-5:00pm
248810	18 & up	1 Class	\$54	11/25	M	6:30pm-8:00pm

FREE Fall Lecture Series

Thanks to the generous support of the Friends of Brookside Gardens, we offer an excellent FREE lecture series in spring and fall. Space is limited, so please register in advance.



Colors of Fall with Native Plants

Join horticulturist and native plant enthusiast Gregg Tepper for a colorful and informative lecture packed with illustrative photographs on the fall value of our native plants. Don't you always yearn to get the most out of your garden? Here's the chance to learn about the best natives for autumnal color, attractive branch structure and, of course, the coolest late-flowering plants that extend the season!

248602	18 & up	1 Class	Free	11/1 F	6:30pm-8:00pm
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Design-less Gardening: A Naturalistic Approach

Disregard traditional design rules and adopt a new approach to garden design. Dan Jaffe, propagator and stock bed grower at the New England Wildflower Society, will show you how to look to nature for your inspiration. What clues can you take from your landscape to help you provide the right plant for the right place? Learn to evaluate sunlight, moisture, soil and other factors to create a successful garden that does not require too much watering, fertilizing, or extra coddling on your part. Create a low-maintenance garden that actively supports the environment and provides beauty for all—people and pollinators alike.

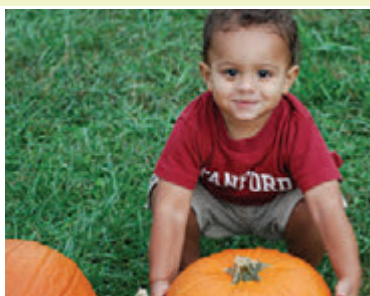


248603	18 & up	1 Class	Free	11/15	F	6:30pm-8:00pm
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Beautiful Buffets

Plan to join us once again for this very popular program on holiday entertaining. Adrienne Cook and Danielle Navidi demonstrate new and creative recipes for entertaining with an eye towards healthy eating. Additionally, Karen Nelson Kent will intertwine a variety of options for setting an elegant table or buffet, with cutting-edge ideas for fast and fabulous decor using flowers, foliage and seasonal accessories.

248604	18 & up	1 Class	Free	12/6	F	10:00am-11:30am
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Programs for All

"Crop Mob" at Sharp Farm

Are you interested in learning more about growing food through hands-on experience? Join us for a "crop mob" at Sharp's at Waterford Farm in Brookeville, MD. This is an opportunity to "mob" a farmer with help during the busy fall season. In exchange, you will learn behind-the-scenes information about farming and have a great time! Participants must be 14 or older. Wear work clothes and bring water. Refreshments included. Meet at Sharp's at Waterford Farm, 4003 Jennings Chapel Road, Brookeville, MD.

248199	14 & up	1 Class	Free	9/14	Sa	8:00am-10:30am
248200	14 & up	1 Class	Free	9/14	Sa	10:30am-1:00pm

New!

Mom & ToF Cooking Class

Cooking Carousel

see details on page 127

Course number 248000

Wed. Oct. 9, 12:00-1:00pm

Children's Programs

Flower Buds

This once-a-month series will meet the second Monday of every month. We will feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent. Younger siblings are welcome, but will not be able to partake in craft-making.

247600	3-5yrs	1 Class	\$5	9/9	M	10:30am-12:00pm
247601	3-5yrs	1 Class	\$5	10/14	M	10:30am-12:00pm

Kids Storytime: Brookside Storytime

Listen to nature and seasonal stories that will encourage a child's imagination and creativity. Each Saturday morning, a different story will be read, followed by a hands-on craft. No registration required; just show up!

247449	3-6yrs	11 Class	Free	10/5	Sa	10:00am-10:30am
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Pumpkin Panache Family Festival

The whole family will enjoy this event which includes lots of pumpkin crafts, games, and activities. Try your bowling skills with a pumpkin, or play pumpkin golf and pumpkin penny pitch. Paint a pumpkin, and taste a few delicious pumpkin treats! Please register children ages 2 and up; parents are free.

247699	2-17yrs	1 Class	\$8	10/18	F	5:00pm-8:00pm
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Fall Harvest Scavenger Hunt

Have some fall season fun throughout the gardens. Start at the Visitor Center and follow the colorful leaf trail leading you to the conservatory and back again. Along the way, hunt for seasonal clues and participate in fun activities, exercises and crafts.

247649	2-6yrs	1 Class	\$5	11/15	F	10:00am-10:30am
247650	2-6yrs	1 Class	\$5	11/15	F	10:30am-11:00am
247651	2-6yrs	1 Class	\$5	11/15	F	11:00am-11:30am
247652	2-6yrs	1 Class	\$5	11/15	F	11:30am-12:00pm
247653	2-6yrs	1 Class	\$5	11/15	F	12:00pm-12:30pm



Cooking in the GARDENS



Join Brookside Gardens for this delectable series of cooking classes, focusing on healthful recipes with seasonal and local fruits, vegetables, and herbs. Watch as the Cook Sisters prepare dishes, then enjoy samples and take their easy-to-follow recipes with you to try at home.

New! Out of the Box

When your CSA share arrives, do you always know what to do with the contents? Join the Cook Sisters for a short course on ideas of how to use the fruits and vegetables in your box. You'll learn two to three recipes in each class. Children under 12 admitted free. With garden and cooking writer Adrienne Cook and her sister, caterer Danielle Navidi. FOBG \$15

New Ways with Eggplant

247949	12 & up	1 Class	\$18	9/24	Tu	5:30pm-6:30pm
247950	12 & up	1 Class	\$18	9/24	Tu	6:30pm-7:30pm

Winter Squash

247951	12 & up	1 Class	\$18	10/22	Tu	5:30pm-6:30pm
247952	12 & up	1 Class	\$18	10/22	Tu	6:30pm-7:30pm



Eggplant Eggstravaganza

This beautiful member of the nightshade family also happens to be versatile and nutritious. Join the Cook Sisters to learn new ways to use eggplant in its myriad forms. FOBG \$28

247999	18 & up	1 Class	
\$32	9/25	W	12:00pm-1:30pm

New! Cooking Carousel

This brand-new parent-toddler class will focus on cooking for young families. Are you a mom who needs to get back in shape? Do you have a fussy toddler who's pushing away all your offerings? Maybe you're looking for quick dinner solutions or nutritious, low-cost snacks. Bring your toddler (or younger) and join the Cook Sisters for lots of great ideas on how to use seasonal ingredients in family-friendly recipes. Please sign up early, as this class is limited to 12 adults. FOBG \$28

248000	All Ages	1 Class	\$32	10/9	W	12:00pm-1:00pm
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Winter Brights

This time of the year brings the harvest of winter squash from regional gardens and farms. Join the Cook Sisters to discover great ways to turn hard-shelled squash—butternut, acorn, spaghetti, pumpkin and others—into delectable meals. FOBG \$28

248001	18 & up	1 Class	\$32	10/23	W	12:00pm-1:30pm
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Snowy Roots

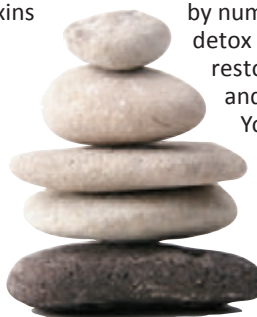
What do parsnips, celeriac and parsley root have in common? They are familiar to many as ingredients in soups and stews, but the Cook Sisters will show you how they can star in their own shows. Learn fun and exciting new ways to use these winter roots. FOBG \$28

248002	18 & up	1 Class	\$32	11/13	W	12:00pm-1:30pm
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Ayurveda: In Tune with Nature

Yoga's ancient partner in spirituality and healing, Ayurveda encompasses the healing of body, mind and spirit through diet, lifestyle and rejuvenation. Ayurveda provides insight about which foods will suit and balance each individual, how to prepare and cook these foods properly and avoid what will create toxins in the body. Instructor Liz Chabra will focus more on diet, and the guidelines for eating to strengthen and heal your body, mind and spirit. FOBG \$15

248149	18 & up	1 Class	\$18	9/18
W	12:00pm-1:30pm			



The Ayurvedic Fall Cleanse and Detox

Are you yearning for more energy? Do you want to rejuvenate your body, mind and spirit? If yes, the Ayurvedic Detox Challenge is for you! Ayurveda, a 5,000-year-old science of wellness from India, teaches that our individual constitutions are constantly being bombarded by numerous forces. Ayurveda recommends a special detox (Purva Karma) that you can do at home to restore balance to your body. Enjoy this lecture and demonstration that will teach you a 9-day Yogic detox routine, including simple recipes and delicious teas that will help restore balance to your body. FOBG \$18

248099	18 & up	1 Class	\$22	10/13	Su	2:00pm-4:00pm
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FALL INTO Little Bennett Campground



Fall camping is great at Little Bennett, with cooler temperatures, fewer bugs, and beautiful colors all around. Take a weekend (or a week!) this fall and come camping.

- **91 private, wooded campsites**
- **20+ miles of hiking, biking & equestrian trails**
- **Four orienteering courses**
(download maps from our website)
- **Camp Store** with snacks, firewood, souvenirs, free book exchange and more

Fall Events FOR CAMPERS

- Meet the **Mid-Atlantic Search & Rescue Dogs**
Saturday, August 3 & September 7, at 7pm
- **Family-Friendly Films under the Stars**
Saturday, August 31
- **Craft time, guided trail hikes, and ice cream socials** every Saturday

Regular full-time camping
through October 31.
Limited camping Fridays &
Saturdays in November
(bathhouses closed)

**Tent
sites
\$21 a night
Electric sites
\$31 a night.***

Camper-Ready CAMPING

Want to try camping but don't have the gear? Let us set up your campsite for you! Ask for our "Camper-Ready Camping" package, and for just \$25 more per night, we'll set up your site with a four-person tent, two camp chairs, propane stove and lantern.



A camper-ready site is just waiting for you!

Get away from it all at...



Little Bennett Campground
23701 Frederick Rd. | Clarksburg, MD 20871
301-528-3430 | www.LittleBennettCampground.com





Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Nature Programs

in Black Hill Regional Park

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.



Magical Monarchs

The monarchs are on the move! All across eastern and central North America, monarch butterflies are flying thousands of miles on paper-thin wings to the mountains west of Mexico City. Join us to learn all about

their life cycle and, hopefully, help us tag and release monarchs for the Monarch Watch conservation program. FOBH \$4

247850 6-17yrs 1 Class \$5 9/5 Th 1:00pm-2:00pm

Monarch Tell Me a Story

The monarch butterfly lives a life of peril and adventure. Come hear tales of this incredible traveler and make your very own butterfly craft. FOBH \$4

247855 1-6yrs 1 Class \$5 9/22 Su 10:00am-11:00am

Meadow Insects

School's out early today, so join us to explore the meadow by the Visitor Center. Fall is an exciting and busy time in the wildflower meadow habitat! We'll supply the nets and magnifying glasses; you supply your sense of exploration. FOBH \$4

247851 6-12yrs 1 Class \$6 9/27 F 1:30pm-3:00pm

Forest Explorer

There's magic in the woods when the leaves turn gold and fall to the forest floor. Discover different leaves, nuts, fungi and animals that make up the colorful patchwork of the autumn forest. We will collect some samples to make art after our exploring. FOBH \$4

247857 6-12yrs 1 Class \$5 10/26 Sa 1:00pm-2:00pm

Not-Too-Scary Halloween Storytime on the Lake

Join us for a special edition of Storytime on the Lake. Wear your costume and board the pontoon boat for a spirited ride! A naturalist will read aloud some Halloween stories that are sure to make you smile, not scream. We'll keep our eyes peeled for mysterious lake creatures. Be sure to dress warmly as it is often cooler on the lake. FOBH \$4

247860 1-6yrs 1 Class \$5 10/27 Su 1:00pm-2:00pm

Squirrel Nutkin Story Time

Squirrel Nutkin was a very naughty squirrel. Come find out what trouble he gets into as we read aloud Beatrix Potter's classic *Squirrel Nutkin*. We'll learn about what squirrels are up to in the park this time of year and make a squirrelly craft! FOBH \$4

247862 1-6yrs 1 Class \$5 11/16 Sa 10:00am-11:00am

Seeds at Black Hill

Hunt for seeds in our meadow and forest and learn about how they make food for animals and new plants in the spring. We'll do a craft using seeds, too. FOBH \$5

246158 2-12yrs 1 Class \$6 11/23 Sa 1:30pm-2:30pm

"What happened to my program?"



We hold off as long as we can, but sometimes we

have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate...register today at www.ParkPASS.org!

Stream Adventures: Cabin Branch

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the parking lot by the boat launch on Black Hill Road in Black Hill Regional Park. FOBH \$5

246149 6-12yrs 1 Class \$6 9/15 Su 1:00pm-2:30pm

Indian Summer Stream Search

Enjoy the last day of summer splashing in Little Seneca Creek. We'll explore the creek bed for creatures that dwell in pools and under rocks. Based on what we find, we'll be able to assess water quality and how it will affect life downstream. Wear old tennis shoes or rubber boots to keep you safe and comfortable. Meet the naturalist at the parking area in the old maintenance yard across from the park manager's office off Lake Ridge Road. FOBH \$4

247853 6-12yrs 1 Class \$5 9/21 Sa 11:00am-12:00pm





Nature Programs
in Black Hill Regional Park



Birthday Parties at Black Hill Nature Programs!
Call 301-528-3492 for more information.

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Can You Canoe?

Experience the romance and adventure of the canoe—America's native watercraft. Have fun learning the different ways you can use these versatile boats with the help of one of our expert instructors. Canoes, paddles, and vests are all provided. Two people to a canoe; bring a friend or we'll pair you up with a partner. Meet at the pontoon boat dock by the boat rental area. FOBH \$14

245960 All Ages 1 Class \$16 9/1 Su 9:00am-11:00am

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. A lake tour will be captained by a naturalist who will point out beaver lodges, feeding sites and (hopefully) beavers! Insectivorous bats will be out, and our ultra-sonic transducer bat detector will tell us where they're feeding and flying. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rental area. FOBH \$5

245954	6 & up	1 Class	\$6	9/4	W	6:30pm- 8:00pm
245955	6 & up	1 Class	\$6	9/12	Th	6:30pm- 8:00pm
245956	6 & up	1 Class	\$6	9/17	Tu	6:00pm- 7:30pm
245957	6 & up	1 Class	\$6	9/25	W	6:00pm- 7:30pm

A History of Black Hill's Bald Eagles

Black Hill Regional Park is honored to be a home to our national bird, the bald eagle. Learn the local history behind our resident eagles. We'll also visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds. FOBH \$6

245965	6 & up	1 Class	\$7	9/15	Su	10:30am-12:00pm
245963	6 & up	1 Class	\$7	10/19	Sa	10:00am-11:30am
245964	6 & up	1 Class	\$7	11/2	Sa	11:00am-12:30pm

Beginning Recreational Kayaking

Kayaking is even more fun than it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please) and bring water and sunscreen. Meet at the kayak shed next to the gazebo by the boat docks, below the Visitor Center. FOBH \$14

246150 12 & up 1 Class \$16 9/28 Sa 9:00am-11:00am

Butterflies in the Meadow

Late summer is peak grasshopper and butterfly season with native plants in our meadow. We'll learn about some common butterflies, then head out to the meadow with nets to see what we can find. All ages. Please wear long pants and closed-toed shoes. FOBH \$4

245966	2 & up	1 Class	\$5	9/28	Sa	11:00am-12:30pm
245969	2 & up	1 Class	\$5	10/18	F	1:00pm- 2:30pm

Astronomy Day & International Observe the Moon Night

Celebrate the wonders of sky and space with other amateur astronomers at Black Hill Regional Park! There will be sun spot observation in the afternoon, videos and presentations about the Moon and other astronomical topics, leading up to the evening stargazing under the October sky. The first-quarter Moon will be rich with craters. We will watch the Moon make a star disappear. The Milky Way, our home galaxy, will arc high overhead, while many nebulae and star clusters will be easily seen. The distant planets Neptune and Uranus will also be visible. Weather permitting.

247856 1 & up 1 Class Free 10/12 Sa 3:00pm-10:00pm



Family Scavenger Hunt

Bring the family to Black Hill Visitor Center to hunt for natural treasures! Drop by the Visitor Center to pick up a scavenger hunt sheet, receive some helpful hints, and then head outside to start looking. When you've finished, come back to the Visitor Center to get a prize. No registration required—drop in any time during program hours!

246154 All Ages 1 Class Free 10/19 Sa 1:30pm- 3:30pm

Afternoon on the Pontoon



Enjoy a leisurely cruise on the pontoon boat around the shoreline looking for beaver, deer, otter, herons, osprey, woodpeckers and other wildlife that might be active.

Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rental area. Be sure to bring an extra jacket or blanket as it's often cooler on the water. FOBH \$5

247861 3 & up 1 Class \$6 10/20 Su 3:00pm- 4:00pm

Make It and Take It

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in any time during program hours! Fee is per craft; exact change is appreciated.

Rainsticks

Today we'll make a rainstick out of materials that you can find around the house.

246155 All Ages 1 Class \$2 9/29 Su 1:00pm- 3:00pm

Turkey Caller

Make a turkey caller so can try to lure in your main course this Thanksgiving, or at least amuse your dinner companions.

246156 All Ages 1 Class \$2 11/24 Su 1:00pm- 3:00pm



Nature Programs
in Black Hill Regional Park

Backyard Birding

Learn which seed is preferred by which bird and where to place your feeders, then make treats or a feeder for your backyard feathered friends. Please dress for outside bird watching. FOBH \$4

245961 3 & up 1 Class \$5 11/3 Su 12:00pm-1:00pm

Birding Basics for Families

Are you always watching birds and wondering what species they are? Come and learn how to identify some of the more common birds you see in your neighborhood and in the parks. Bring your own binoculars or borrow ours. Please register and pay for all participants. FOBH \$5

246157 4 & up 1 Class \$6 11/23 Sa 9:00am-10:30am

Fall Birding at Black Hill

Join us for a relaxed morning of birding, looking for birds that come to Little Seneca Lake to spend the winter. If we're lucky, we may see tundra swans from Canada and bald eagles! After viewing the lake from the Visitor Center, we'll carpool to other good viewing locations. Beginning birders are welcome. Spotting scope provided; please bring binoculars.

FOBH \$8

247858 16 & up 1 Class \$10 11/30 Sa 9:00am-11:00am



Hike to Osprey Heights

Enjoy the crisp November air and beautiful views of Little Seneca Lake as we hike through the Ten Mile Creek watershed. This approximately three-mile hike will take us to the lake's edge, through the woods, over Ten Mile Creek, and into a meadow habitat. FOBH \$8

247863 8 & up 1 Class \$10 11/17 Su 1:00pm-3:00pm

Billy Goat Trail Hike

School's out today, so pack a lunch and go rock scrambling with us as we hike Section A of the Billy Goat Trail along the Potomac River. This is a moderate to strenuous hike, so be prepared! Kids 12 and under must have a parent/guardian register and hike with them. Transportation is provided. Please pack your lunch and extra water in a backpack—you will need your hands while you hike on this trail! Meet at the Black Hill Visitor Center. FOBH child \$18/adult \$9

247899 8 & up 1 Class \$20 Child/\$10 Adult 11/1 F 9:30am-4:00pm

Night Hikes: Up County

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately one mile. Please print your ParkPASS confirmation receipt for meeting location. Meet at parking lot 1 by Shelter A in Black Hill Regional Park. FOBH \$4

246153 8 & up 1 Class \$5 10/17 Th 6:30pm-7:30pm

Adults

Registration required unless otherwise noted.

Explore a Park

New to the area, or just want to get out for a hike? Explore different parks in Montgomery County with an experienced Black Hill Naturalist as your guide. Hike lengths vary with the pace of each group. Please dress for the weather in appropriate hiking gear.

Muddy Branch Greenway

Today we'll explore a southern section of the Muddy Branch Greenway, one of Montgomery Parks' newest trails. Portions of the trail are still under construction, so be sure to wear sturdy shoes and don't forget to bring your sense of adventure! Meet at the large parking area for Blockhouse Point Conservation Park, in the 14400 block of River Road, about one mile northwest of Pennyfield Lock Road in Potomac, MD.

247852 18 & up 1 Class Free 10/20 Su 9:00am-11:30am

Hoyles Mill Trail

Today we'll explore a section of the Hoyles Mill Trail in Hoyles Mill Conservation Park, named one of the county's "Best Natural Areas" on www.WildMontgomery.org. The park features one of the largest contiguous maturing forests in the county—over 1,000 acres. This is an easy to moderate hike. Meet at the parking area on White Ground Road, close to the Hoyles Mill Road intersection.

247854 18 & up 1 Class Free 11/24 Su 9:00am-11:00am

Birding Trip to Prime Hook Wildlife Refuge

Visit Prime Hook National Wildlife Refuge on the Delaware Bay with us for a day of birding. This is the peak time for fall migration. Bring a bagged lunch and money for a quick supper stop on our way home. FOBH \$40

247859 18 & up 1 Class \$45 11/11 M 9:00am-8:00pm

Educator's Open House

October 10

see page 143 for description



Potomac River Heritage Kayak Trip

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, try Beginning Kayaking first. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations. FOBH \$60

Lake Tour by Kayak

Come for an early morning paddle or wind down after work and enjoy a peaceful kayak tour on Little Seneca Lake with a Park Naturalist. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. Meet at the kayak shed, in front of the gazebo by the boat docks, below the Visitor Center. FOBH \$18

246151 18 & up 1 Class \$20 9/29 Su 8:00am-10:00am

A Monumental Paddle

Come view the iconic monuments of Washington, D.C. by kayak! We'll travel by van from Black Hill to the Tidal Basin, and enjoy fabulous views as we paddle the Potomac past the Kennedy Center and Georgetown, with a stop at Roosevelt Island. This is not an instructional or novice course, so if you've never paddled, please try our "Beginning Kayaking" course first. You should be proficient at basic strokes, and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation. FOBH \$80

250499 18 & up 1 Class \$85 10/12 Sa 8:00am - 5:00pm

Fall Colors Lake Tour by Kayak

Join a naturalist for a leisurely kayak or canoe tour of Little Seneca Lake. We will be exploring up into Ten Mile Creek searching for waterfowl, beaver, muskrat, and river otter hidden amongst the scenery. This is not an instructional course; you'll need enough experience to comfortably paddle for an extended period of time. FOBH \$25

247864 18 & up 1 Class \$30 10/26 Sa 3:00pm-6:00pm



National Public Lands Day Little Seneca Lake Litter Clean-Up

Saturday, September 28 | 9:00am-12:00pm

Help clean up Little Seneca Lake by boat and on land. Together we'll cruise the lake and Black Hill Regional Park to pick up litter. If you have your own kayak or canoe, please bring it with you and use it to pick up litter on the lake. If you don't have your own boat, you can borrow one of ours (limited numbers), or you can hike the trails surrounding the lake to pick up litter. After we're done, stick around and participate in some litter awareness activities. Please wear clothes and shoes that you don't mind getting wet, and bring a water bottle. Individuals and groups are welcome.

Contact: Email Katrina.Fauss@MontgomeryParks.org, or call 301-528-3482



National Public Lands Day



Join the Friends of the Agricultural History Farm Park for some...



down-home fun on the farm!

Blacksmiths & Friends Traditional Arts Show



**Saturday & Sunday,
November 2 & 3 • 10am-4pm**

Blacksmiths, silversmiths, coppersmiths and other artisans will demonstrate their art. FREE!

- Hands-on instruction for children
- Demonstrations
- Metal gifts & art for sale
- Hayrides & food available
- Rain or shine

301-670-4661

FriendsoftheFarmPark.org



**December 14 & 15
Noon-5pm**

Come and enjoy the holiday spirit on the farm:

- Turn-of-the-century decorations
- Free live Christmas music and caroling
- Homemade baked goods for sale
- Free hayrides (weather permitting)
- Children's activities
- Free hot cider and ginger cookies

301-670-4661 • FriendsoftheFarmPark.org

BLUEGRASS on the Farm

Saturday, September 14 • Noon-6pm

**STARRING Danny Paisley &
Southern Grass**



STARRING



**Frank Solivan
& Dirty Kitchen**

and Maryland's own **Clear Spring**

Join us for great bluegrass in the great outdoors! Bring your lawn chair and blankets, and instruments if you want to jam. Food will be available for purchase. Pets are welcome, and kids under 12 are FREE with an adult!



Admission: \$15 at the gate, \$12 pre-sale online
Visit **www.BluegrassOnTheFarm.com**

Don't miss **HARVEST FESTIVAL** October 5!
See p.138 for all the details.



Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
FriendsoftheFarmPark.org | AgHistoryFarm.org



Friends of
The Agricultural History Farm Park, Inc.

Volunteers In Parks?

Who? Why? Naturally!

- Students
- Retirees
- Working Adults
- College Students
- Families
- Corporations
- Civic Associations
- You!
- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement
- Develop your network
- Stay active and involved
- Try a career
- Give back a little
- Give back a lot
- MAKE A DIFFERENCE!

How?

Visit our website www.ParksVolunteers.org and choose 'Search and Apply' for Volunteer Opportunities. You can view our current needs and apply directly online!



Search by Interest

- [Nature & Environment](#)
- [Special Events & Projects](#)
- [Gardening & Groundwork](#)
- [Trails](#)
- [History & Archaeology](#)
- [Public Safety](#)
- [Sports & Recreation](#)
- [Office / Behind the Scenes](#)
- [SSI/Students](#)
- [Children and Families](#)
- [Non-paid Interns](#)
- [Scouts/Youth Service Projects](#)
- [Opportunities for Groups](#)

Have fun volunteering at one of these **SPECIAL EVENTS** this fall in Montgomery Parks!

- | | | | |
|----------------|--|-----------------|--|
| 9/21 | Children's Day, Brookside Gardens | 10/19 | Nocturnal Neighbors Festival, Locust Grove Nature Center |
| 9/27 | Apple Festival & Campfire, Meadowside Nature Center | 10/20 | Fall Apple Cider Festival, Brookside Nature Center |
| 9/28 | National Public Lands Volunteer Service Day, several parks | 10/21-27 | Community Service Week, several parks |
| October | Haunted Train and Eye Spy Halloween Train, Wheaton and Cabin John Regional Parks | 10/25 | Owl-O-Ween, Meadowside Nature Center |
| 10/5 | Harvest Festival, Agricultural History Farm Park | 11/1-3 | Emancipation Day events, Woodlawn Manor, Oakley Cabin and Josiah Henson Special Park |
| 10/18 | Great Pumpkin Fun, Meadowside Nature Center | 11/1 | Fruit Flies Festival, Locust Grove Nature Center |

For more info and other opportunities, visit our website and click on **SPECIAL EVENTS & PROJECTS**



For more information or to apply, visit our website or call:
ParksVolunteers.org 301-495-2504





Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Friday, 9am–5pm; Saturday & Sunday, 1–5pm. Trails open daily, dawn to dusk.

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Meadow Life

Have you ever wondered who lives in the meadow? Explore this grassy habitat looking and listening for signs of creatures like colorful butterflies, beautiful birds, and the tiny creatures that live beneath the flowers. Search for insect dining tables, mouse tunnels and the places where deer sleep at night.

247049 3-5yrs 1 Class \$5 9/10 Tu 1:30pm-2:30pm

Brookside Tot Times

Explore nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these highly interactive sessions.

Seeds!

245902 4-6yrs 1 Class \$6 9/12 Th 10:30am-11:15am

Tracks!

245903 4-6yrs 1 Class \$8 10/10 Th 10:30am-11:15am

Aerial Aerobics!

245949 4-6yrs 1 Class \$8 11/7 Th 10:30am-11:15am

In and Around the Pond

Do you wonder what's in the water? The pond is full of fish, frogs, turtles and more. Insects, mammals and birds live around its edge. We'll look for pond life and find out what pond animals do as the weather gets colder.

247101 3-5yrs 1 Class \$5 9/17 Tu 1:30pm-2:30pm

Geology in Your Own Backyard

Learn what's under the ground by looking at what's on it. Search the stream for rocks and minerals. Bring a small box or bag to start your own rock collection, and learn how to make a specimen sheet.

247149 6-12yrs 1 Class \$5 9/18 W 4:00pm-5:00pm

Discovery Hike: When the Leaves Fall

The leaves will soon be changing colors and drifting to the ground. Hike with us as autumn approaches, and find out just what makes this such a beautiful time of year.

247550 3-6yrs 1 Class \$5 9/19 Th 1:30pm-2:30pm

Corny!

Corn is one of the most valuable crops in the world, but before it achieved such status, this familiar grass was used for much more than tortillas and corn bread. Make ash cakes, corn cob dolls, corn meal and more in this do-and-learn class!

245953 6-12yrs 1 Class \$7 9/21 Sa 3:30pm-4:30pm

Forest Wildlife Walk

Find out who lives in the forest! Look for animal homes like tree and ground holes. Search for signs of acorn feasts and look for tracks in the sand. Learn how animals pick their favorite places to live, and how they adapt to the season.

247400 3-5yrs 1 Class \$5 9/24 Tu 1:30pm-2:30pm

Stick Tight!

Let your imagination run wild—right into the woods! With just a few sticks and natural accessories we can make woodland monsters, or flying unicorns or fairy nymphs, all while enjoying a fall afternoon.

245967 6-12yrs 1 Class \$5 9/27 F 2:30pm-3:30pm

Kids' Stream Bank Adventure

Stream banks are where land and water meet. Find out which animals visit the stream bank and what kinds of signs they leave behind. See the rocks and minerals that the stream exposes when it pulls earth away from the banks, and find out where the water carries them.

247401 6-12yrs 1 Class \$5 10/1 Tu 4:00pm-5:00pm

Autumn Art

Inspire your artistic creativity on a walk through the colorful autumn woods. Then set brush to paper and make a lovely autumn painting using the same glorious colors.

247402 3-5yrs 1 Class \$5 10/2 W 1:00pm-2:00pm

Autumn Leaves

Why do leaves change color and how do they do it? Enjoy a lovely walk in the woods and learn about fall leaves. Learn to recognize different kinds of leaves and search for autumn nuts and seeds.

247403 3-5yrs 1 Class \$5 10/9 W 1:00pm-2:00pm

Apple Dessert Campfire

Time for an applelicious campfire! We'll cook apples over a campfire, play a few apple games and learn some interesting apple facts. Please register no later than Tuesday, November 12.

247554 3-12yrs 1 Class \$6 11/14 Th 1:30pm-2:30pm

Thanksgiving Bird Walk and Mobile

Learn about birds that stay in Montgomery County for the holidays. Take a walk looking for cold weather bird habitats, then make a mobile with pictures of beautiful local birds.

247502 3-5yrs 1 Class \$5 11/19 Tu 2:00pm-3:00pm



Birthday Parties at Brookside Nature Center

Call 301-962-1480 for more information.



Brookside



Nature Center
in Wheaton Regional Park

Educator's Open House

October 10
see page 143 for description

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Introducing the Birds!

Introduce yourself and your family to a life-long hobby —birding! Join a Brookside Naturalist as we explore the woodlands and pond and learn to identify songbirds, raptors and water birds that live nearby. Bring your own binoculars or borrow ours.

247099 6 & up 1 Class \$3 9/14 Sa 10:00am-11:00am

Fox Family in Fall

Do you know what happens to the fox family as the weather gets colder? Find out where foxes live, hunt and play and where the fox children go now that they have grown up. Learn what foxes like to eat in the autumn and how they keep warm. Please wear long pants and sturdy closed-toed shoes for this 1/3 mile hike. Please register and pay for all participants.

247100 3 & up 1 Class \$5 9/14 Sa 3:00pm- 4:00pm

Campfire and Pond Walk

Celebrate the end of summer with a campfire and picnic in the beautiful woodlands of Brookside Nature Center. Please bring your own hotdogs and buns; we'll provide marshmallows. After the campfire we'll take a nature walk around the pond, looking and listening for frogs, insects, birds and other wildlife active in the evening. Registration closes on September 19. Please register and pay in advance for all participants.

247399 3 & up 1 Class \$5 9/20 F 6:00pm- 7:00pm

Apple Pressing Time!

It's apple pressing time! Learn about apple seeds, apple pressing and how cider is made. Also enjoy apple tasting, apple lore and of course, a sip of some sweet apple cider. All attending must register and pay no later than Tuesday, October 8.

247551 3 & up 1 Class \$6 10/10 Th 1:30pm- 2:30pm

Discovery Hike: Pumpkins, Pumpkins!

Fall is pumpkin time. Join us on a hike to learn how pumpkins grow, share pumpkin tales and maybe see a few pumpkins along the way!

247552 3-6yrs 1 Class \$6 10/24 Th 1:30pm- 2:30pm

Fall Apple Festival

Yum! Fresh homemade apple cider and gooey-crisp caramel apples! They're treats for the taste buds and definitely worth the trip to Brookside Nature Center. Bring the whole family to our Fall Apple Festival for apple games, folklore, crafts, hand-pressed cider, and of course, made-from-scratch caramel apples! Learn about this versatile, all-American fruit (from Kazakhstan!) and the cider-making process on a delicious fall afternoon. Reservations appreciated, but not required.

247599 3 & up 1 Class \$5 10/20 Su 11:00am- 4:00pm



Migrating Birds

Have you ever wondered which birds stay here all year, and why some birds make the long trip south for the winter? Find out who stays and who goes, and *where* they go. Explore the meadow and the forest looking and listening for birds that stay behind, and watch the sky for birds on their way south.

247404 6 & up 1 Class \$3 10/26 Sa 2:00pm- 3:00pm

Campfire and Cabin Tour

Enjoy toasting marshmallows around the fire, then tour the 1870s Harper Family log cabin and learn about life in days gone by. Registration closes on October 25. Please register and pay for all participants.

247499 3 & up 1 Class \$5 10/26 Sa 5:00pm- 6:00pm

Hoots and Howls of Maryland

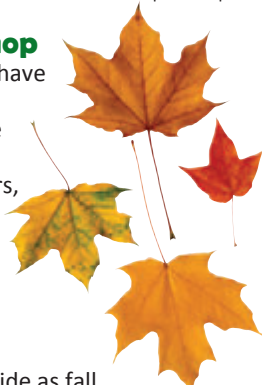
Whooo hoots, whooo howls, whooo squawks and whooo shrieks? Find out who's making all of those strange sounds we hear day and night! Join us around the campfire for a fun dessert, and some weird nature stories and sounds.

247553 3-8yrs 1 Class \$6 10/30 W 1:30pm- 2:30pm

Autumn Leaves Craftshop

Autumn leaves in all their glory have inspired artists for centuries. In this creative craft time, you'll be shown many easy ways leaves can be used to make suncatchers, notecards, mobiles, headbands and more!

245968 6 & up 1 Class \$8 11/1 F 2:00pm- 3:00pm



Fall Night Hike

Come take a walk on the quiet side as fall drifts into a winter slumber. We'll look for bats, listen for owls, and maybe catch a glimpse of a flying squirrel. Please register all participants in advance.

245970 5 & up 1 Class Free 11/8 F 7:00pm- 8:00pm

Glowing Rocks

Find out why some rocks glow in the dark and why others don't. We'll look at several exciting rocks that glow in many different colors, and find out some of their secrets.

247501 3 & up 1 Class Free 11/9 Sa 10:00am-11:00am

Feeding Our Fine-Feathered Friends

What's a poor bird to do now that the weather is getting colder? When bugs and fruit are hard to find, you can help out the birds by putting up feeders in your yard. Take a tour of our birdfeeding stations and find out which feeders different birds like. Learn about the best kinds of food for different birds and why water is so important. Take home a small sample of bird seed.

247500 3 & up 1 Class \$3 11/9 Sa 3:00pm- 4:00pm



Animal Thanksgiving at Brookside Nature Center

Meet the animals of Brookside Nature Center and find out more about them, their natural habitats and exactly what they like to feast on.

247555 3 & up 1 Class Free 11/22 F 3:30pm-4:15pm

Adults

Registration required unless otherwise noted.

What Mushroom Is That?

This beginners' program will focus on basic identification, forms and colors of the most commonly found mushrooms in this area during the fall season. We will also talk about the habitat, lifestyle and environmental role that fungi play. During the second half of the program, we will apply our knowledge in the field as we search the trails for some of the most common mushrooms.

247549 18 & up 1 Class \$5 9/13 F 1:00pm-2:30pm



Autumn Kayaking on the Patuxent

The burr marigolds accent the shoreline, a few red-winged blackbirds idle among the cattails, and red maple saplings display sparks of crimson color. Fall comes subtly to the slow Patuxent River and we'll be there to welcome it. Join us for a leisurely paddle on this scenic river and learn about its history and importance. No kayaking experience is necessary. Transportation provided from Brookside Nature Center. Bring water, a sack lunch and sun protection. Limited space; register early! Please note, this trip is contingent upon the weather; high winds on the water or rain will cancel the excursion.

245971 18 & up 1 Class \$20 10/30 W 9:00am-4:00pm

Felted Acorn Dolls

Learn basic needle felting techniques and the history of felting as you craft a miniature woodland waif out of pipe cleaners, wool roving and an acorn cap. These colorful, three-inch-high figures can be whimsical additions to your autumn decor. Perched among colorful gourds and Indian corn, they'll bring a smile of delight to all who meet them. Registration closes October 22; please register early.

250399 14 & up 1 Class \$12 11/2 Sa 3:00pm-4:30pm



Ladies' Hike Out

Fall is an ideal time for hiking and exploring the wilds of Montgomery Parks. The heat has abated, colors are assuming vibrant hues, and there's a sense of excitement in the air. Relish the changes of the season as we hike moderate distances and discover what our wonderful park system has to offer.

Paint Branch

Among the many pleasant surprises to be found in the Colesville area is the paved trail bordering one of our high-quality streams, the Paint Branch. We'll walk about three miles on an easy grade, enjoying views of the stream and delving into the colonial history that distinguished it.

245950 18 & up 1 Class Free 9/21 Sa 9:30am-11:15am

Cabin John Trail

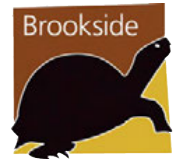
Explore one of the "Best Natural Areas" in Montgomery County (www.WildMontgomery.org)! We'll traverse the lower portion of Cabin John Stream Valley Trail, discussing pirates, the Gilded Age, and egg beaters (yes, egg beaters) on the way.

245951 18 & up 1 Class Free 10/19 Sa 9:30am-11:15am

Little Bennett Regional Park—Hyattstown

Join us in Hyattstown, where we'll hike by the old mill and trek through the upper reaches of Little Bennett Regional Park, covering about three miles in the autumn forest.

245952 18 & up 1 Class Free 11/16 Sa 9:30am-11:15am



Nature Center
in Wheaton Regional Park

Visit our Nature Exploration Area

Have fun while you get to know nature. Climb through the tree tunnel, sit in a giant bird's nest, hop on the stepping stumps, and enjoy the tea party table.



Maryland Emancipation Day Celebrations at Brookside Nature Center

November 2 & 3, 10am-4pm

Visit the Harper Cabin to learn how and where post-emancipation African American families lived in Montgomery County. Observe how the land provided interesting culinary experiences.

Free and open to the public.

See p.145 for more Maryland Emancipation Day events November 1-3.

Enjoy some down-home fun on the farm!

HARVEST FESTIVAL



SATURDAY
OCTOBER 5, 2013
11 am - 4 pm



Old-time crafts, activities,
music & food

- Pumpkin fun
- Candle making
- Scarecrow making
- Corn maze
- Antique farm equipment
- Archaeology dig
- Live farm animals
- Gardening talks & demo
- Games & food
- Live music
- Potato scramble

...and much more!



No pets, please
(guide dogs are
welcome).

ADMISSION:

\$10 per car*

CASH ONLY

Call for Bus/Van Parking Rates.

For info,

call 301-528-3492

on Oct. 5, call 301-721-0312

* additional fees for some activities



VOLUNTEERS NEEDED!
SSL-approved opportunity
Call 301-495-2464



Agricultural History Farm Park
18400 Muncaster Rd, Derwood, MD 20855
www.AgHistoryFarm.org



Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org
Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Shape Spy-Patterns in Nature

Circles, squares, triangles, and more! Learn about these shapes and patterns in nature. Make your own shape spy tool, then take your tool into nature and see if you can spy some of nature's shape patterns.

246601 3-6yrs 1 Class \$5 9/4 W 10:00am-11:00am

Life Under a Log

Who lives in the dark and damp beneath logs? Find out as we learn about invertebrates and search for snails, slugs, millipedes, worms and pill bugs outside.

246600 6-10yrs 1 Class \$5 9/5 Th 10:00am-11:00am

Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Each session will feature a different topic specially selected to engage young minds. Outdoor activities are included in every program, so please dress for the weather.



Cicada's Story

246449 2-4yrs 1 Class \$5 9/11 W 10:15am-11:00am

Eggcellent Eggs

246450 2-4yrs 1 Class \$5 9/25 W 10:15am-11:00am

Squirrel Tales

246451 2-4yrs 1 Class \$5 10/9 W 10:15am-11:00am

Spiders and Their Webs

246500 2-4yrs 1 Class \$5 10/23 W 10:15am-11:00am

Upside Down

246549 2-4yrs 1 Class \$5 11/6 W 10:15am-11:00am

All About Teeth

246550 2-4yrs 1 Class \$5 11/20 W 10:15am-11:00am

Preschool Nature Adventure

Enjoy hands-on activities, make new friends and have fun while exploring nature. Each session will feature a different topic specially selected to engage young minds. Outdoor activities are included in every program, so please dress for the weather.

Cicada's Story

246649 3-5yrs 1 Class \$5 9/11 W 1:15pm-2:00pm

Egg-cellent Eggs

246650 3-5yrs 1 Class \$5 9/25 W 1:15pm-2:00pm

Squirrel Tales

246651 3-5yrs 1 Class \$5 10/9 W 1:15pm-2:00pm

Spiders and Their Webs

246652 3-5yrs 1 Class \$5 10/23 W 1:15pm-2:00pm

Upside Down

246653 3-5yrs 1 Class \$5 11/6 W 1:15pm-2:00pm

All About Teeth

246654 3-5yrs 1 Class \$5 11/20 W 1:15pm-2:00pm



Bug Safari

Early fall is a great time to hunt for insects! Join the naturalist in the meadow where we'll use bug nets and jars to catch insects and study them up close.

246701 3-5yrs 1 Class \$5 9/12 Th 11:00am-12:00pm

Animal Aerobics

Float like a butterfly, buzz like a bee, stay still like a walking stick, come move like me! Have a wiggly good time moving like animals, make a floating butterfly craft, then go outside to watch animals move in nature.

246749 3-6yrs 1 Class \$5 9/18 W 10:00am-11:00am

Howl-o-ween

Join us to discover wild animals, real or imagined, and learn if nature's really so scary after all. Costumes are welcome, but please be sure they're appropriate and safe for hiking!

246949 5-12yrs 1 Class \$5 10/29 Tu 6:30pm-7:30pm

Thanks for Nature!

School's out early today, so come for a nature adventure and learn about all the small gifts nature provides. Clean water, fresh air, music, food, and beauty, all brought to you by nature!

246699 5-10yrs 1 Class \$5 11/12 Tu 1:30pm-2:30pm



Birthday Parties at Locust Grove Nature Center

Call 301-765-8668 for more information.



Nature Center
in Cabin John Regional Park



Educator's Open House

October 10
see page 143 for description

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Tuesday in the Park

Join a naturalist at the Cabin John Regional Park playground off Tuckerman Lane to explore what's happening outside! No registration required. Rain cancels program.

246199	1 & up	1 Class	Free	9/10	Tu	11:00am-12:00pm
246249	1 & up	1 Class	Free	9/17	Tu	11:00am-12:00pm
246250	1 & up	1 Class	Free	9/24	Tu	11:00am-12:00pm
246299	1 & up	1 Class	Free	10/1	Tu	11:00am-12:00pm
246300	1 & up	1 Class	Free	10/15	Tu	11:00am-12:00pm
246301	1 & up	1 Class	Free	10/29	Tu	11:00am-12:00pm
246302	1 & up	1 Class	Free	11/12	Tu	11:00am-12:00pm

Bats and Bugs

Come out and watch the bats fly, and visit our bug traps to learn about the bats' dinner. Warm fall nights feature plenty of insects, and bats are busy munching on the flying smorgasbord as they fatten for late fall migration and winter hibernation. No younger siblings, please. Please register and pay for both children and adults.

246799	5 & up	1 Class	\$3	9/20	F	7:30pm-9:00pm
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Musical Nature

Fall evenings in the park are full of music! Listen to the cricket, cicada, and katydid choir, punctuated by the calls of birds as they settle in for the evening. Come listen to the concert, and make some music of your own. Please register and pay for both children and adults.

246849	1 & up	1 Class	\$3	9/24	Tu	7:00pm-8:00pm
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Campfire and Nature Walk

Nothing says fall like a campfire! Join us for a picnic by the fire, then enjoy a nature walk under the night sky with one of our naturalists. Please bring your own hot-dogs and rolls, and we'll bring the makings for s'mores. Please register and pay for both children and adults.

246399	2 & up	1 Class	\$6	9/27	F	6:30pm-7:30pm
246400	2 & up	1 Class	\$6	10/11	F	6:30pm-7:30pm
246401	2 & up	1 Class	\$6	11/8	F	6:30pm-7:30pm



Explore WILD MONTGOMERY

Wild Montgomery Programs

Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts.

All programs are FREE and require advance registration. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

School's Out Hike

School's out! Enjoy the fall weather as we hike 2-3 miles on the Cabin John Stream Trail. The hike departs from the Nature Center. Adults must accompany children, and all must register.

Locust Grove Nature Center

246999	6-12yrs	1 Class	Free
Friday, October 18 10:00am-12:00pm			

Nocturnal Neighbors Festival

Celebrate the nocturnal community that keeps our neighborhood parks and forests in balance. Meet live animals, take a night hike, visit with experts, and enjoy games, crafts and a campfire... all to celebrate our underappreciated nocturnal friends. We strongly encourage advance registration due to limited space. Please register and pay for both children and adults.

246551	1 & up	1 Class	\$5	10/19	Sa	5:00pm-8:00pm
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Fruit Flies Festival

Celebrating those tiny, annoying flies!?? Nah....we're just launching apples into the air. It's all part of our seasonal seed dispersal bash. Join us as we fling apples into the meadow, make flying seeds and seed "bombs," and learn how seeds stick to us and our animal friends. Stop by any time during festival hours. Advance registration is strongly encouraged, due to limited space. Please register and pay for both children and adults.

246599	1 & up	1 Class	\$5	11/1	F	10:00am-1:00pm
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Locust Grove Cider Days

Join us for a mini-festival to celebrate the beloved apple! Learn about cider, apple varieties, and apple history. Go on a scavenger hunt for apple facts. Sample lesser-known apple types, and try your hand at pressing cider. Most activities are ongoing; check www.LocustGroveNature.org for schedule of activities. Please register and pay for both children and adults.

246700	1 & up	1 Class	\$5	11/9	Sa	11:00am-2:00pm
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Adults

Registration required unless otherwise noted.

Growing Native Plant Seminar

Visit the Dotson Garden at Locust Grove Nature Center to view local native plants that can beautify your home while supplying critical support for all wildlife. Learn why native plants are essential to our environment, and how to attract more birds, insects and small animals to your yard. Learn the benefits of specific local eco-types that you can see in our garden. We'll share resources for purchasing plants and planning your native garden, discuss growing conditions such as soil, water, and sun, and consider bloom times and height. This seminar is a great way to begin thinking about how to make your home environment a small nature refuge.

246349	18 & up	1 Class	\$5	10/3	Th	6:00pm-7:00pm
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Friday Foray

Enjoy a 3.5-mile hike on a hard surface trail along Rock Creek. We'll check Lake Needwood for waterfowl and then walk in the woods to view the remaining fall color.

Locust Grove Nature Center

246899	18 & up	1 Class	Free
Friday, November 8 10:00am-12:00pm			



Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org
Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

Children

Registration is required and children must be accompanied by an adult unless otherwise noted.

Tyke Hikes

Come and discover the bustling world around the Nature Center. Take a mini-nature hike and make a craft to take home.

Squirrels

247355 2-3yrs 1 Class \$5 9/18 W 10:30am-11:15am

Hibernation

247356 2-3yrs 1 Class \$5 10/9 W 10:30am-11:15am

Native Americans

247357 2-3yrs 1 Class \$5 11/13 W 10:30am-11:15am

New! Nature Explorers

Every Tuesday in October, budding nature explorers will experience the seasonal changes while discovering the woodlands, fields, pond, and stream at Meadowside. Look for colorful fall leaves, peek under logs for crawling critters, and learn about the animals that are busy getting ready for the upcoming winter! Participating in a variety of activities, games, and crafts will enhance children's learning experiences. After each program, expand your visit by bringing a bag lunch to enjoy at our picnic tables under the trees. This program series meets October 1, 8, 15, 22 and 29; the fee covers your registration for all five sessions. Adults must accompany children.

247750 3-5yrs 5 Class \$40 10/1 Tu 9:30am-11:00am

Otus the Owl: Festive Bird Masks

Let your creativity loose in our celebration of the birds! Use feathers, paint, and more to create fanciful bird masks. This could be the start of a great Halloween costume! Otus the Owl will admire your masks and be available for photos after we're finished creating.

247799 3-12yrs 1 Class \$5 10/23 W 1:00pm-1:45pm

Make a Pumpkin Bird Feeder

Pumpkins aren't just fun to decorate! Make a unique bird feeder using a pumpkin, and learn about the fall birds that may come to visit your feeder.

247800 3-10yrs 1 Class \$7 10/31 Th 1:30pm-2:30pm

Otus the Owl Halloween Storytime

We will read stories about owls and meet our mascot Otus the Owl, so bring your camera!

247809 2-10yrs 1 Class \$3 11/6 W 10:00am-10:45am

Turkey Time

Turkey tales, turkey calls, and a turkey craft will help us explore the world of the wild turkey.

247808 3-6yrs 1 Class \$5 11/19 Tu 10:30am-11:30am



Teens

Registration is required unless otherwise noted.

Eco-TEEN Montgomery

Whether crawling through caves, hiking the Appalachian Trail or caring for owls, hawks and eagles, Eco-TEEN Montgomery gets teens outdoors learning about their environment while making a difference through environmentally based service learning projects. Eco-TEEN Montgomery is all about exploring something new, helping the environment, making new friends and (most of all) having fun.

Canoe and Shoreline Clean-up at Lake Needwood

Learn the ins and outs of canoeing at Lake Needwood, then practice your skills as we head along the shoreline looking for wildlife. We'll pick up litter along the way to make the lake safer for resident animal life. SSL approved! Wear clothes you don't mind getting wet, a hat, and strap-on water sandals or shoes (no flip-flops); bring sun-screen, and water in a backpack. You must be able to swim. All canoeing equipment provided. Meet at the Boat House (15700 Needwood Lake Circle, 20855).

247199 14-17yrs 1 Class \$5 9/22 Su 2:00pm-3:30pm

Saw-whet Owl Banding at South Mountain

Join local researchers as they track the Saw-whet owl migration along South Mountain outside Middletown, Maryland. Learn how researchers use audio lures to attract, capture, and band the owls for research. This trip is sure to be a hoot!

247804 14-17yrs 1 Class \$20 11/8 F 8:00pm-1:00am





“What happened to my program?”

We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!



Special Events

Pawpaw Festival

The Pawpaw Festival is a fun-filled and educational event celebrating one of America's largest native tree fruits, the Pawpaw (*Asimina triloba*). This event highlights the rich history of the pawpaw through crafts, competitions, music, live animal, and more! Visit our website for more details. No registration required.

All participants must pay.

247802 All ages 1 Class \$5 9/8 Su 12:00pm-4:00pm

Apple Festival & Campfire

It's apple harvest time! Visit our pioneer farm for apple cider pressing, apple lore, and hand-on activities. We'll end the evening at our campfire ring for s'mores and more. Children and adults must register and pay.

247803 3 & up 1 Class \$8 9/27 F 6:00pm-8:00pm



Great Pumpkin Fun

Wear a trail-friendly costume if you'd like, and drop by for pumpkin fun! Ongoing activities include taking a self-guided trail hunt, creating fun crafts to take home, playing games, seeing animals up close, and more! Registration preferred, but walk-in registration accepted (please bring exact change) on a space-available basis.

247249 3-8yrs 1 Class \$5 10/18 F 10:00am-1:00pm

Owl-O-Ween Campfire

Join us around the campfire for owl facts, folklore, and fun. Meet our mascot Otus the Owl and visit with one of Meadowside's resident owls. We will have marshmallows, graham crackers, and chocolate for s'mores. Children and adults must register and pay.

247807 3 & up 1 Class \$7 10/25 F 6:00pm-7:30pm

Raptors

Join us every Saturday (except Oct. 5 and 26 due to special events) at 10am, noon, or 3pm for an exciting raptor experience. No registration required and programs are free, but please call in advance if you'd like to bring a group. Programs are held rain or shine!

Vulture Enrichment

Vultures are smart! Come see Meadowside's resident vulture play with her food at our weekly vulture enrichment session. This activity meets at the Raptor Walkway behind the Nature Center from 10 - 10:30am.

Raptor Lunchtime and Talk

Observe Meadowside's resident raptors during their feeding time and learn some of the stories about the raptors on exhibit. These talks meet at the Raptor Walkway behind the Nature Center from noon - 12:30pm.

Raptors of Rock Creek LIVE!

Discover what makes raptors unique and meet one of our resident raptors live and up-close. Programs meet at Meadowside's campfire ring from 3 - 3:20pm.

Programs for All

Unless otherwise noted, all attending must register and pay, and children must be accompanied by an adult.

Make It Take It

Get crafty at Meadowside! Once a month, drop by and create a seasonal delight to take home with you. Crafts are easy to make and will focus on re-using everyday objects along with found natural materials.

No registration required; exact change is appreciated.

V is for Vulture

Celebrate International Turkey Vulture Day by learning about these fascinating birds and making your own special vulture.

247351 All ages 1 Class \$2 9/7 Sa 11:00am-2:00pm

Moon Magic

It's International Observe the Moon Night! Drop by to learn a little about the moon and make a celestial-inspired wall hanging.

247352 All ages 1 Class \$2 10/12 Sa 11:00am-2:00pm

Pinecone Turkey

Let's talk turkey and make a pinecone gobbler to celebrate the season.

247353 All ages 1 Class \$2 11/16 Sa 11:00am-2:00pm

Night Hike and Campfire

Experiencing nature at night can be fun and exciting. We'll take an evening walk around Meadowside, then gather around the campfire ring to enjoy tasty roasted marshmallows! We will have marshmallows, graham crackers, and chocolate for s'mores. Children and adults must register and pay.

247749 6 & up 1 Class \$5 9/19 Th 7:00pm-8:30pm

Observe the Moon Campfire

Look up! Did you know it's International Observe the Moon Night? Celebrate this special night learning about our nearest celestial neighbor and enjoy a toasty treat around the campfire. We will have marshmallows, graham crackers, and chocolate for s'mores. Children and adults must register and pay.

247299 All ages 1 Class \$5 10/12 Sa 7:00pm-8:00pm

Halloween Geocache Hunt

Join us for a hike and hunt through the woods. Learn how to use a GPS unit, then spend the afternoon on a ghoulish geocaching adventure to hunt for Halloween tricks and treats throughout the woods of Meadowside. Bring water and be prepared to hike (long pants and sturdy shoes are strongly recommended). If you don't have a GPS unit, we'll have units for families to share.

247751 8 & up 1 Class \$15 10/18 F 3:00pm-5:00pm



Birthday Parties at Meadowside Nature Center

Call 301-258-4030 for more information.

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. Help us give the park's native plants room to grow by removing the invaders. Bring yourself, your family, or your group (please call us if you're bringing a group). Wear long pants, closed-toe shoes, and long sleeves, and bring leather gloves if you have them or borrow ours. This is an SSL-approved project. No registration required.

247250 8 & up 1 Class FREE 11/2 Sa 9:00am-10:00am

Comet Ison

Astronomers are excited about a sun-grazing comet discovered late in 2012. Around the time of its perihelion—or closest approach to the sun—on November 28, 2013, it could become a striking object visible to the naked eye even in broad daylight. Stop by the lobby between 2 and 3 pm for information on the comet, where to see it, and how it's progressing.

247251 All ages 1 Class FREE 11/2 Sa 2:30pm-3:30pm

Family Geocaching Adventure

Modern-day treasure hunting happens right here in our parks! Geocaches are hidden containers filled with interesting stuff that you track down using GPS units. Learn how to use a GPS unit, and spend the day on a geocaching adventure in search of local caches. Bring a snack, water, and be prepared to hike (long pants and sturdy shoes are strongly recommended). If you don't have a GPS unit, we'll have units for families to share. Meet at the Nature Center.

247801 8 & up 1 Class \$10 11/12 Tu 3:00pm-5:00pm

Fall Volunteer Opportunities

SSL-approved! *Volunteers are needed to assist with setup, facilitate activities, and cleanup at the following events:*

Pawpaw Festival | 9/8, 11:15 am-4:30 pm

Help at this fun event celebrating one of America's largest native fruit trees! Activities will include crafts, competitions, music, live animals, and more.

Apple Festival & Campfire | 9/27, 5:15-8:30 pm

Assist families making fresh apple cider, learn some apple lore, and have fun assisting with other apple related hands-on activities.

Great Pumpkin Fun | 10/18, 9:15 am-1:30 pm

Help program participants create fun crafts, play games, and facilitate our pumpkin trail hunt!

Owl-O-Ween Campfire | 10/25, 5:15-8 pm

Join us around the campfire ring to help participants roast marshmallows, learn about owls, and meet our mascot Otus the Owl.

You must be 14 or older to volunteer. Please visit www.MeadowsideNature.org for more information.



Adults

Registration is required unless otherwise noted.

Educator's Open House

Teachers, are you looking for exciting, innovative fieldtrip opportunities, outreach programs and classroom resources that are science- and nature-based? Please join us at Montgomery Parks' annual Educator's Open House, where regional environmental education providers will present the latest in science and environmental programs. Teachers will have a chance to talk with presenters and review resources from a wide range of area experts. Location: Brookside Gardens Visitor Center, 1800 Glenallan Ave., Wheaton, MD 20902. Please call 301-258-4034 to register.

247354 18 & up 1 Class FREE 10/10 Th 5:00pm-8:00pm

Saw-whet Owl Banding at South Mountain

Join local researchers as they track the Saw-whet owl migration along South Mountain outside Middletown MD. Learn how researchers use audio lures to attract, capture, and band the owls for research.

247806 18 & up 1 Class \$25 11/1 F 8:00pm-2:00am



MNC is looking for Nature Center Hosts!

If you like people and love learning about local wildlife, this is the position for you! We're looking for friendly faces to greet Nature Center visitors, answer questions, check in program participants, and more. Once a week, 6-month commitment; must be 16 years or older. SSL-approved. For more info, visit MeadowsideNature.org

Nature Matters Lecture Series

Spend an evening with researchers and conservationists for an intriguing lecture series focused on local nature and conservation topics. Check-in and refreshments at 6:45 pm, then the one-hour lecture begins at 7 pm, followed by a Q & A session.

NASA's MAVEN

The Mars Atmospheric and Volatile Evolution Mission (MAVEN) is an unmanned orbiter set to launch in the next few months. MAVEN is the first spacecraft devoted to exploring and understanding the Martian upper atmosphere. The spacecraft will investigate how the loss of Mars' atmosphere determined the history of water on the surface. Join **Nick Jedrich** of Goddard Space Flight Center and a MAVEN Project Team member to learn more about the Red Planet and this mission.

247200 14 & up 1 Class FREE 9/25 W 6:45pm-8:00pm

Maryland Biodiversity Project

Join **Jim Brighton**, co-leader of the Maryland Biodiversity Project, whose goal is to thoroughly catalog the living things of Maryland. Already over 10,000 species, including over 2,700 species with photographs contributed by more than 120 photographers, have been cataloged. Come find out the interesting life they've found in our state and county and how you can get involved!

247201 14 & up 1 Class FREE 10/30 W 6:45pm-8:00pm

Lessons from the Past at Kingsley Schoolhouse

Little Bennett Regional Park, Clarksburg, MD 20871

Sunday, September 22

1:00 pm - 4:00 pm

Free Admission

Built in 1893, Kingsley Schoolhouse is one of the best remaining examples of a one-room schoolhouse in Montgomery County. Located in the secluded "Froggy Hollow" section of Little Bennett Regional Park, the schoolhouse is furnished as it appeared in the 1920s.

Activities for the entire family

Guided tours of the schoolhouse

Meet and greet former students

Bring a picnic and enjoy lunch by the stream

Enjoy old fashioned games

- ♦ Sack Races
- ♦ Cake Walk
- ♦ Dodge Ball
- ♦ Nail Driving Contests

HistoryInTheParks.org
301-528-3451

Sponsored in part by the Friends of Little Bennett Regional Park, the Clarksburg Historical Society, Inc., Clarksburg Lions Branch and the Montgomery Parks



Calling all history buffs, inquisitive geeks and the generally curious

Group Historic Sites Tours

Tues - Fri
\$5 Students
\$5 Seniors
\$7 Adults

Oakley Cabin African American Museum & Park
Underground Railroad Trail ♦ Josiah Henson Park

Students grades 4 and up, Seniors, Clubs & Organizations ♦ HistoryInTheParks.org



Maryland Emancipation Day Celebrations

Enslaved people living in Maryland were freed by a new state constitution on November 1, 1864.

Join us to celebrate Maryland's Emancipation Day.

Most Saturday and Sunday events are free and open to the public.

Find program event details at HistoryInTheParks.org.

Saturday November 2

Underground Railroad Experience Trail Hikes

Woodlawn Manor Cultural Park
16501 Norwood Rd., Sandy Spring, MD 20860

**Sandy Spring Slave Museum &
African Art Gallery | Open House**
18524 Brooke Rd., Sandy Spring, MD 20860

Sandy Spring Museum | Open House
17901 Bentley Rd., Sandy Spring, MD 20860

Oakley Cabin African American Museum & Park | Live Music & Demonstrations

3610 Brookeville Rd., Olney, MD 20832

Featuring: *Washington Revels Jubilee
Voices*

Harper Cabin at Brookside Nature Center | Tours & Demonstrations

1400 Glenallen Ave., Wheaton, MD 20902

Button Farm Living History Center Tours & Demonstration

16820 Black Rock Rd., Germantown, MD 20874

Sunday November 3

Sandy Spring Museum | Open House
17901 Bentley Rd., Sandy Spring, MD 20860

Josiah Henson Park | Open House
11420 Old Georgetown Rd., N. Bethesda, MD 20852

Harper Cabin at Brookside Nature Center | Tours & Demonstrations

1400 Glenallen Ave., Wheaton, MD 20902

Friday November 1

7:00 PM – 9:30 PM

Special Night Hike "Voices of the Underground Railroad"

Woodlawn Manor
Cultural Park
16501 Norwood Rd.
Sandy Spring, MD 20860

\$5 Admission
ParkPASS.org | Course #249349

Pre-registration required.
Appropriate for children ages
10 and older.



301-650-4373

HistoryInTheParks.org



New Skating Curriculum

Use this chart to find the skating class in our new curriculum that's right for you.

Cabin John Ice Rink and Wheaton Ice Arena are thrilled to offer the United States Figure Skating Association's (USFSA) renowned **Basic Skills Program**—the official learn-to-skate program of the national governing body for figure skating.

Skaters enrolled in group lessons at either rink are eligible to join US Figure Skating as a Basic Skills member (\$15 annual fee). As a member, you'll receive a copy of *SKATING* magazine and a record book to track your progress through the lessons. You'll also become eligible to compete in any USFSA Basic Skills events!

Cabin John and Wheaton will continue to offer several unique specialty classes, including:

- Storytime Tot Skate
- Ice Dance Fundamentals
- Moves and Edges
- Create a Great Skating Program
- Off-Ice Conditioning
- Scrimmage for Hockey
- Stickhandling, and more!

Check the chart and sign up for a course today.

WHAT IT WAS...		WHAT IT IS NOW
Pre-Alpha Preschool; or Tot 1	BASIC SKILLS	Snowplow Sam 1 (Ages 3-5)
Tot 2		Snowplow Sam 2 (Ages 3-5)
Tot 3		Snowplow Sam 3 (Ages 3-5)
Pre-Alpha Youth		Basic 1 (Ages 6-12)
Pre-Alpha PLUS		Basic 2 (Ages 4-12)
Alpha		Basic 3 (Ages 4-12)
Beta		Basic 4 (Ages 4-12)
Gamma		Basic 5 (Ages 4-12)
Delta		Basic 6 (Ages 4-12)
Introduction to Freestyle		Basic 7 (Ages 4-12)
<i>new level—no old equivalent</i>		Basic 8 (Ages 4-12)
Freestyle 1	FREE SKATE	Free Skate 1 (5 & up)
Freestyle 2		Free Skate 2 (5 & up)
Freestyle 3		Free Skate 3 (5 & up)
Freestyle 4		Free Skate 4 (5 & up)
Freestyle 5		Free Skate 5 (5 & up)
Freestyle 6		Free Skate 6 (5 & up)
Freestyle 7		Free Skate 7 (5 & up)
Pre-Alpha, or Pre-Alpha PLUS	TEENS & ADULTS	Adult 1 (12 & up)
Alpha, Teen/Adult		Adult 2 (12 & up)
Beta, Teen/Adult		Adult 3 (12 & up)
Gamma or Delta, Teen/Adult		Adult 4 (12 & up)
Pre-Alpha for Hockey	HOCKEY	Pre-Hockey (4 & up)
Mitey Mites Hockey 1 or 2, or Hockey 1		Hockey 1 (4 & up)
Mitey Mites Hockey 3, or Hockey 2		Hockey 2 (4 & up)
Mitey Mites Hockey 4, or Hockey 3		Hockey 3 (4 & up)
Mitey Mites Hockey 5		Hockey 4 (4 & up)
Hockey, Teen/Adult		Hockey, Teen/Adult (12 & up)





Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com

Like Cabin John Ice, Wheaton Ice and Montgomery Parks on ... @WheatonIce

ICE SKATING & HOCKEY GROUP LESSONS Registration Info

FOUR WAYS TO REGISTER

- Online at www.ParkPASS.org
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

REGISTRATION DATES

- **FALL 1** registration opens [August 5](#) (for MoCo residents) and [August 6](#) (for all), and runs through [September 4](#).
- **FALL 2** registration opens [October 20](#) (for MoCo residents) and [October 21](#) (for all), and runs through [October 30](#).
- Beginning September 5 (FALL 1) and October 31 (FALL 2), register in person only at the rink (a non-refundable \$10 service fee applies).
- Classes run September 6–October 19 (FALL 1) and November 1–December 19 (FALL 2).

COURSE FEES COVER

- Six lessons (15, 30 or 45 minutes, depending on class)
- A practice card good for admission to 3, 6 or 9 public sessions (depending on your class). Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

PLEASE NOTE

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will tell each student if he or she is ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size *smaller* than your **sneaker size**. You'll have better balance and protection against injuries.

Exciting news!
Cabin John and Wheaton Ice
have moved to the

USFSA SKATING CURRICULUM

See p.146 for a handy
conversion chart.

DATES TO NOTE

Holiday hours and closures

- Closed Labor Day weekend (Aug. 31–Sept. 2)
- Closed Thanksgiving (November 28)
- December 24: Close early at 3pm
- Closed Christmas day (December 25)
- December 31: Close early at 3pm
- January 1: Open late at Noon

No classes

- September 13 & 14; November 28–December 1

SPECIAL NEEDS

Montgomery Parks encourages and supports the participation of individuals with disabilities. In order to make reasonable accommodations based on individuals' needs and abilities, please register at least two weeks before class starts, and request accommodation at that time.



Ice Skating

Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Bicycle helmets recommended. Fee covers one child and one parent; please register the child only.

Cabin John Ice Rink

244801	3-5yrs	6 Classes	\$96	9/6	F	9:45am-10:15am
245053	3-5yrs	6 Classes	\$96	9/7	Sa	9:00am- 9:30am
245123	3-5yrs	6 Classes	\$96	9/7	Sa	10:00am-10:30am
245166	3-5yrs	6 Classes	\$96	9/7	Sa	12:15pm-12:45pm
245231	3-5yrs	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm
245236	3-5yrs	6 Classes	\$96	9/8	Su	2:45pm- 3:15pm
243713	3-5yrs	6 Classes	\$96	9/10	Tu	9:30am-10:00am
245359	3-5yrs	6 Classes	\$96	11/1	F	9:45am-10:15am
245360	3-5yrs	6 Classes	\$96	11/2	Sa	9:00am- 9:30am
245361	3-5yrs	6 Classes	\$96	11/2	Sa	10:00am-10:30am
245362	3-5yrs	6 Classes	\$96	11/2	Sa	12:15pm-12:45pm
245363	3-5yrs	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm
245364	3-5yrs	6 Classes	\$96	11/3	Su	2:45pm- 3:15pm
245358	3-5yrs	6 Classes	\$96	11/5	Tu	9:30am-10:00am

Wheaton Ice Arena

244199	3-5yrs	6 Classes	\$96	9/7	Sa	10:15am-10:45am
244200	3-5yrs	6 Classes	\$96	11/2	Sa	10:15am-10:45am
244201	3-5yrs	6 Classes	\$96	11/3	Su	11:00am-11:30am

Storytime Tot Skate

Act out a different classic children's story each week while learning how to skate. During storytime, you'll learn how to fall down, get up, march in place, march forward, glide, and dip. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

244299	3-5yrs	6 Classes	\$96	9/12	Th	10:00am-10:30am
245416	3-5yrs	6 Classes	\$96	11/7	Th	10:00am-10:30am

Snowplow Sam (was Tot Ice Skating)

"Snowplow Sam" levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate! Time with Snowplow Sam will help preschool children become comfortable on the ice.

Snowplow Sam 1

Learn how to sit and stand up with skates on (off and on the ice); march in place; march forward; march, then glide on two feet; and dip in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

244804	3-5yrs	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
245049	3-5yrs	6 Classes	\$96	9/7	Sa	8:30am- 9:00am
245054	3-5yrs	6 Classes	\$96	9/7	Sa	9:00am- 9:30am
245132	3-5yrs	6 Classes	\$96	9/7	Sa	11:00am-11:30am
245169	3-5yrs	6 Classes	\$96	9/7	Sa	12:45pm- 1:15pm
245212	3-5yrs	6 Classes	\$96	9/8	Su	11:30am-12:00pm
245225	3-5yrs	6 Classes	\$96	9/8	Su	12:30pm- 1:00pm
245233	3-5yrs	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm
245238	3-5yrs	6 Classes	\$96	9/8	Su	3:45pm- 4:15pm
243251	3-5yrs	6 Classes	\$96	9/9	M	1:00pm- 1:30pm
243252	3-5yrs	6 Classes	\$96	9/9	M	3:45pm- 4:15pm
243253	3-5yrs	6 Classes	\$96	9/9	M	4:45pm- 5:15pm
243712	3-5yrs	6 Classes	\$96	9/10	Tu	9:30am-10:00am
243716	3-5yrs	6 Classes	\$96	9/10	Tu	4:00pm- 4:30pm
244249	3-5yrs	6 Classes	\$96	9/11	W	4:00pm- 4:30pm
244255	3-5yrs	6 Classes	\$96	9/11	W	5:00pm- 5:30pm
244349	3-5yrs	6 Classes	\$96	9/12	Th	4:00pm- 4:30pm
245373	3-5yrs	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245374	3-5yrs	6 Classes	\$96	11/2	Sa	8:30am- 9:00am
245375	3-5yrs	6 Classes	\$96	11/2	Sa	9:00am- 9:30am
245376	3-5yrs	6 Classes	\$96	11/2	Sa	11:00am-11:30am
245377	3-5yrs	6 Classes	\$96	11/2	Sa	12:45pm- 1:15pm
245378	3-5yrs	6 Classes	\$96	11/3	Su	11:30am-12:00pm
245379	3-5yrs	6 Classes	\$96	11/3	Su	12:30pm- 1:00pm
245380	3-5yrs	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm
245381	3-5yrs	6 Classes	\$96	11/3	Su	3:45pm- 4:15pm
245365	3-5yrs	6 Classes	\$96	11/4	M	1:00pm- 1:30pm
245366	3-5yrs	6 Classes	\$96	11/4	M	3:45pm- 4:15pm
245367	3-5yrs	6 Classes	\$96	11/4	M	4:45pm- 5:15pm
245368	3-5yrs	6 Classes	\$96	11/5	Tu	9:30am-10:00am
245369	3-5yrs	6 Classes	\$96	11/5	Tu	4:00pm- 4:30pm
245370	3-5yrs	6 Classes	\$96	11/6	W	4:00pm- 4:30pm
245371	3-5yrs	6 Classes	\$96	11/6	W	5:00pm- 5:30pm
245372	3-5yrs	6 Classes	\$96	11/7	Th	4:00pm- 4:30pm

Wheaton Ice Arena

244202	3-5yrs	6 Classes	\$96	9/6	F	4:45pm- 5:15pm
244203	3-5yrs	6 Classes	\$96	9/7	Sa	10:45am-11:15am
244204	3-5yrs	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm
244205	3-5yrs	6 Classes	\$96	9/8	Su	2:45pm- 3:15pm
244206	3-5yrs	6 Classes	\$96	9/12	Th	4:30pm- 5:00pm
244207	3-5yrs	6 Classes	\$96	11/1	F	4:45pm- 5:15pm
244208	3-5yrs	6 Classes	\$96	11/2	Sa	10:45am-11:15am
244209	3-5yrs	6 Classes	\$96	11/2	Sa	1:00pm- 1:30pm
244210	3-5yrs	6 Classes	\$96	11/3	Su	11:00am-11:30am
244211	3-5yrs	6 Classes	\$96	11/3	Su	2:45pm- 3:15pm
244212	3-5yrs	6 Classes	\$96	11/7	Th	5:00pm- 5:30pm

HALLOWEEN ON ICE

Not-So-Spooky Skates

Costume contest with prizes and treats!

Cabin John – Wednesday, October 30, 4:30-6:15pm

Wheaton – Thursday, October 31, 4:30-6pm

SPOOKY SKATES

Creepy music and lighting, and treats for all!

Cabin John – Friday, November 1, 8-10pm

Wheaton – Friday, November 1, 8:15-10:15pm

**\$6.50 per person for
admission and skates**



Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1 (Tot 1)

Learn how to march followed by a long glide; how to dip while moving; and backward wiggles. We'll also cover the rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

244802	3-5yrs	6 Classes	\$96	9/6	F	1:00pm- 1:30pm
245050	3-5yrs	6 Classes	\$96	9/7	Sa	8:30am- 9:00am
245133	3-5yrs	6 Classes	\$96	9/7	Sa	11:00am-11:30am
245150	3-5yrs	6 Classes	\$96	9/7	Sa	11:45am-12:15pm
245203	3-5yrs	6 Classes	\$96	9/7	Sa	4:00pm- 4:30pm
245217	3-5yrs	6 Classes	\$96	9/8	Su	11:30am-12:00pm
245228	3-5yrs	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245240	3-5yrs	6 Classes	\$96	9/8	Su	2:15pm- 2:45pm
243249	3-5yrs	6 Classes	\$96	9/9	M	12:30pm- 1:00pm
243254	3-5yrs	6 Classes	\$96	9/9	M	3:45pm- 4:15pm
243714	3-5yrs	6 Classes	\$96	9/10	Tu	10:00am-10:30am
244256	3-5yrs	6 Classes	\$96	9/11	W	5:00pm- 5:30pm
244350	3-5yrs	6 Classes	\$96	9/12	Th	4:00pm- 4:30pm
245387	3-5yrs	6 Classes	\$96	11/1	F	1:00pm- 1:30pm
245388	3-5yrs	6 Classes	\$96	11/2	Sa	8:30am- 9:00am
245389	3-5yrs	6 Classes	\$96	11/2	Sa	11:00am-11:30am
245390	3-5yrs	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245391	3-5yrs	6 Classes	\$96	11/2	Sa	4:00pm- 4:30pm
245392	3-5yrs	6 Classes	\$96	11/3	Su	11:30am-12:00pm
245393	3-5yrs	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm
245394	3-5yrs	6 Classes	\$96	11/3	Su	2:15pm- 2:45pm
245382	3-5yrs	6 Classes	\$96	11/4	M	12:30pm- 1:00pm
245383	3-5yrs	6 Classes	\$96	11/4	M	3:45pm- 4:15pm
245384	3-5yrs	6 Classes	\$96	11/5	Tu	10:00am-10:30am
245385	3-5yrs	6 Classes	\$96	11/6	W	5:00pm- 5:30pm
245386	3-5yrs	6 Classes	\$96	11/7	Th	4:00pm- 4:30pm

Wheaton Ice Arena

244213	3-5yrs	6 Classes	\$96	9/7	Sa	10:15am-10:45am
244214	3-5yrs	6 Classes	\$96	9/8	Su	2:00pm- 2:30pm
244215	3-5yrs	6 Classes	\$96	9/8	Su	2:45pm- 3:15pm
244216	3-5yrs	6 Classes	\$96	9/12	Th	4:30pm- 5:00pm
244217	3-5yrs	6 Classes	\$96	11/1	F	4:45pm- 5:15pm
244218	3-5yrs	6 Classes	\$96	11/2	Sa	10:15am-10:45am
244219	3-5yrs	6 Classes	\$96	11/2	Sa	1:00pm- 1:30pm
244220	3-5yrs	6 Classes	\$96	11/3	Su	11:30am-12:00pm
244221	3-5yrs	6 Classes	\$96	11/3	Su	4:00pm- 4:30pm
244222	3-5yrs	6 Classes	\$96	11/7	Th	4:30pm- 5:00pm

Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2 (Tot 2)

Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

244803	3-5yrs	6 Classes	\$96	9/6	F	1:00pm- 1:30pm
245003	3-5yrs	6 Classes	\$96	9/7	Sa	8:30am- 9:00am
245149	3-5yrs	6 Classes	\$96	9/7	Sa	11:45am-12:15pm
245219	3-5yrs	6 Classes	\$96	9/8	Su	12:00pm-12:30pm
245241	3-5yrs	6 Classes	\$96	9/8	Su	2:15pm- 2:45pm
243255	3-5yrs	6 Classes	\$96	9/9	M	12:30pm- 1:00pm
243715	3-5yrs	6 Classes	\$96	9/10	Tu	10:00am-10:30am
245397	3-5yrs	6 Classes	\$96	11/1	F	1:00pm- 1:30pm
245398	3-5yrs	6 Classes	\$96	11/2	Sa	8:30am- 9:00am
245399	3-5yrs	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245400	3-5yrs	6 Classes	\$96	11/3	Su	12:00pm-12:30pm

Snowplow Sam 3 (cont.) Cabin John Ice

245401	3-5yrs	6 Classes	\$96	11/3	Su	2:15pm- 2:45pm
245395	3-5yrs	6 Classes	\$96	11/4	M	12:30pm- 1:00pm
245396	3-5yrs	6 Classes	\$96	11/5	Tu	10:00am-10:30am

Wheaton Ice Arena

244223	3-5yrs	6 Classes	\$96	9/7	Sa	10:15am-10:45am
244224	3-5yrs	6 Classes	\$96	9/8	Su	2:45pm- 3:15pm
244225	3-5yrs	6 Classes	\$96	9/12	Th	5:00pm- 5:30pm
244226	3-5yrs	6 Classes	\$96	11/2	Sa	10:15am-10:45am
244227	3-5yrs	6 Classes	\$96	11/3	Su	11:30am-12:00pm
244228	3-5yrs	6 Classes	\$96	11/3	Su	4:00pm- 4:30pm
244229	3-5yrs	6 Classes	\$96	11/7	Th	4:30pm- 5:00pm

Basic Skills 1 - 8

(formerly Pre-Alpha level through Intro to Freestyle)

"Basic Skills" classes teach the fundamentals of figure skating. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, and dip. We'll also cover forward swizzles, backward wiggles, snowplow stops, a two-foot hop, and the rocking horse. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

244805	6-12yrs	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
244900	6-12yrs	6 Classes	\$96	9/6	F	5:15pm- 5:45pm
245055	6-12yrs	6 Classes	\$96	9/7	Sa	9:00am- 9:30am
245121	6-12yrs	6 Classes	\$96	9/7	Sa	10:00am-10:30am
245167	6-12yrs	6 Classes	\$96	9/7	Sa	12:45pm- 1:15pm
245191	6-12yrs	6 Classes	\$96	9/7	Sa	2:45pm- 3:15pm
245216	6-12yrs	6 Classes	\$96	9/8	Su	11:30am-12:00pm
245226	6-12yrs	6 Classes	\$96	9/8	Su	12:30pm- 1:00pm
245249	6-12yrs	6 Classes	\$96	9/8	Su	3:15pm- 3:45pm
243651	6-12yrs	6 Classes	\$96	9/9	M	3:45pm- 4:15pm
243703	6-12yrs	6 Classes	\$96	9/9	M	4:45pm- 5:15pm
243749	6-12yrs	6 Classes	\$96	9/10	Tu	4:30pm- 5:00pm
244250	6-12yrs	6 Classes	\$96	9/11	W	4:00pm- 4:30pm
244351	6-12yrs	6 Classes	\$96	9/12	Th	4:00pm- 4:30pm
245407	6-12yrs	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245408	6-12yrs	6 Classes	\$96	11/1	F	5:15pm- 5:45pm

VETERAN'S DAY SKATES

Military men and women, we salute you!

Please visit either rink and enjoy free skating and skate rentals at our public sessions today.

Cabin John Ice will present a patriotic skating show during the 12:30 and 4:30 skates. Offer is open to all military personnel (veterans and active duty) and their families.

Sunday, November 10

Cabin John Ice: 8:30-10am, 12:30-2:30pm and 4:30-6:30pm

Wheaton Ice: 11am-12:45pm and 2:45-4:45pm



Ice Skating



Let's We Forget



Ice Skating



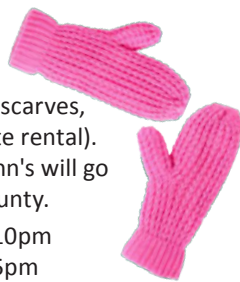
"Keep Your Neighbors Warm" Skate

Friday, November 22

Bring your new or gently used winter clothing (coats, hats, scarves, gloves, mittens, etc.) and skate for just **\$3.50** (includes skate rental). Wheaton donations will go to Arcola Elementary; Cabin John's will go to the National Alliance on Mental Illness-Montgomery County.

Cabin John sessions: 8-10am, 12:30-2:30pm, 4:30-6pm, 8-10pm

Wheaton sessions: 12:30-2:30pm, 4:45-6:15pm, 8:15-10:15pm



Basic 1 Cabin John Ice Rink (cont.)

245409	6-12yrs	6 Classes	\$96	11/2	Sa	9:00am- 9:30am
245410	6-12yrs	6 Classes	\$96	11/2	Sa	10:00am-10:30am
245411	6-12yrs	6 Classes	\$96	11/2	Sa	12:45pm- 1:15pm
245412	6-12yrs	6 Classes	\$96	11/2	Sa	2:45pm- 3:15pm
245413	6-12yrs	6 Classes	\$96	11/3	Su	11:30am-12:00pm
245414	6-12yrs	6 Classes	\$96	11/3	Su	12:30pm- 1:00pm
245415	6-12yrs	6 Classes	\$96	11/3	Su	3:15pm- 3:45pm
245402	6-12yrs	6 Classes	\$96	11/4	M	3:45pm- 4:15pm
245403	6-12yrs	6 Classes	\$96	11/4	M	4:45pm- 5:15pm
245404	6-12yrs	6 Classes	\$96	11/5	Tu	4:30pm- 5:00pm
245405	6-12yrs	6 Classes	\$96	11/6	W	4:00pm- 4:30pm
245406	6-12yrs	6 Classes	\$96	11/7	Th	4:00pm- 4:30pm

Wheaton Ice Arena

244307	6-12yrs	6 Classes	\$96	9/6	F	5:15pm- 5:45pm
244308	6-12yrs	6 Classes	\$96	9/7	Sa	10:45am-11:15am
244309	6-12yrs	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm
244310	6-12yrs	6 Classes	\$96	9/8	Su	3:15pm- 3:45pm
244311	6-12yrs	6 Classes	\$96	9/12	Th	5:00pm- 5:30pm
244312	6-12yrs	6 Classes	\$96	11/1	F	5:15pm- 5:45pm
244313	6-12yrs	6 Classes	\$96	11/2	Sa	10:45am-11:15am
244314	6-12yrs	6 Classes	\$96	11/2	Sa	12:30pm- 1:00pm
244315	6-12yrs	6 Classes	\$96	11/3	Su	12:00pm-12:30pm
244316	6-12yrs	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm
244317	6-12yrs	6 Classes	\$96	11/3	Su	3:15pm- 3:45pm
244318	6-12yrs	6 Classes	\$96	11/7	Th	4:30pm- 5:00pm
244319	6-12yrs	6 Classes	\$96	11/7	Th	5:00pm- 5:30pm

Basic 2 Prerequisite: Passed Basic 1 (Pre-Alpha, Youth) or Snowplow Sam 3 (Tot 3)

Learn forward one foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half swizzle pumps in a straight line.

Cabin John Ice Rink

244806	4-12yrs	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
244899	4-12yrs	6 Classes	\$96	9/6	F	5:15pm- 5:45pm
245056	4-12yrs	6 Classes	\$96	9/7	Sa	9:00am- 9:30am
245119	4-12yrs	6 Classes	\$96	9/7	Sa	9:30am-10:00am
245134	4-12yrs	6 Classes	\$96	9/7	Sa	11:00am-11:30am
245168	4-12yrs	6 Classes	\$96	9/7	Sa	12:45pm- 1:15pm
245204	4-12yrs	6 Classes	\$96	9/7	Sa	4:00pm- 4:30pm
245223	4-12yrs	6 Classes	\$96	9/8	Su	12:00pm-12:30pm
245230	4-12yrs	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245248	4-12yrs	6 Classes	\$96	9/8	Su	2:45pm- 3:15pm
243699	4-12yrs	6 Classes	\$96	9/9	M	4:15pm- 4:45pm
243700	4-12yrs	6 Classes	\$96	9/9	M	5:15pm- 5:45pm
243717	4-12yrs	6 Classes	\$96	9/10	Tu	4:00pm- 4:30pm
244251	4-12yrs	6 Classes	\$96	9/11	W	4:00pm- 4:30pm
244352	4-12yrs	6 Classes	\$96	9/12	Th	4:30pm- 5:00pm
245440	4-12yrs	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245441	4-12yrs	6 Classes	\$96	11/1	F	5:15pm- 5:45pm
245442	4-12yrs	6 Classes	\$96	11/2	Sa	9:00am- 9:30am
245443	4-12yrs	6 Classes	\$96	11/2	Sa	9:30am-10:00am

Basic 2 Cabin John Ice (cont.)

245444	4-12yrs	6 Classes	\$96	11/2	Sa	11:00am-11:30am
245445	4-12yrs	6 Classes	\$96	11/2	Sa	12:45pm- 1:15pm
245446	4-12yrs	6 Classes	\$96	11/2	Sa	4:00pm- 4:30pm
245447	4-12yrs	6 Classes	\$96	11/3	Su	12:00pm-12:30pm
245448	4-12yrs	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm
245449	4-12yrs	6 Classes	\$96	11/3	Su	2:45pm- 3:15pm
245435	4-12yrs	6 Classes	\$96	11/4	M	4:15pm- 4:45pm
245437	4-12yrs	6 Classes	\$96	11/5	Tu	4:00pm- 4:30pm
245438	4-12yrs	6 Classes	\$96	11/6	W	4:00pm- 4:30pm
245439	4-12yrs	6 Classes	\$96	11/7	Th	4:30pm- 5:00pm

Wheaton Ice Arena

245104	4-12yrs	6 Classes	\$96	9/6	F	5:15pm- 5:45pm
245106	4-12yrs	6 Classes	\$96	9/7	Sa	10:45am-11:15am
245107	4-12yrs	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm
245108	4-12yrs	6 Classes	\$96	9/8	Su	3:15pm- 3:45pm
245109	4-12yrs	6 Classes	\$96	9/12	Th	5:30pm- 6:00pm
245110	4-12yrs	6 Classes	\$96	11/1	F	5:15pm- 5:45pm
245111	4-12yrs	6 Classes	\$96	11/2	Sa	10:45am-11:15am
245113	4-12yrs	6 Classes	\$96	11/2	Sa	11:15am-11:45am
245115	4-12yrs	6 Classes	\$96	11/2	Sa	12:30pm- 1:00pm
245117	4-12yrs	6 Classes	\$96	11/3	Su	12:00pm-12:30pm
245120	4-12yrs	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm
245122	4-12yrs	6 Classes	\$96	11/3	Su	3:15pm- 3:45pm
245125	4-12yrs	6 Classes	\$96	11/7	Th	5:00pm- 5:30pm
245221	4-12yrs	6 Classes	\$96	11/7	Th	5:30pm- 6:00pm

Basic 3 Prerequisite: Passed Basic 2 (Pre-Alpha Plus, Preschool) We'll cover forward stroking (showing correct use of blade), forward half swizzle pumps on a circle (clockwise and counterclockwise), moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and a two-foot spin.

Cabin John Ice Rink

244808	4-12yrs	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
245100	4-12yrs	6 Classes	\$96	9/7	Sa	9:00am- 9:30am
245151	4-12yrs	6 Classes	\$96	9/7	Sa	11:45am-12:15pm
245170	4-12yrs	6 Classes	\$96	9/7	Sa	1:15pm- 1:45pm
245224	4-12yrs	6 Classes	\$96	9/8	Su	12:00pm-12:30pm
245247	4-12yrs	6 Classes	\$96	9/8	Su	2:45pm- 3:15pm
243701	4-12yrs	6 Classes	\$96	9/9	M	4:15pm- 4:45pm
243718	4-12yrs	6 Classes	\$96	9/10	Tu	4:00pm- 4:30pm
244252	4-12yrs	6 Classes	\$96	9/11	W	4:30pm- 5:00pm
244353	4-12yrs	6 Classes	\$96	9/12	Th	4:30pm- 5:00pm
245461	4-12yrs	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245462	4-12yrs	6 Classes	\$96	11/2	Sa	9:00am- 9:30am
245463	4-12yrs	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245464	4-12yrs	6 Classes	\$96	11/2	Sa	1:15pm- 1:45pm
245465	4-12yrs	6 Classes	\$96	11/3	Su	12:00pm-12:30pm
245466	4-12yrs	6 Classes	\$96	11/3	Su	2:45pm- 3:15pm
245457	4-12yrs	6 Classes	\$96	11/4	M	4:15pm- 4:45pm
245458	4-12yrs	6 Classes	\$96	11/5	Tu	4:00pm- 4:30pm
245459	4-12yrs	6 Classes	\$96	11/6	W	4:30pm- 5:00pm
245460	4-12yrs	6 Classes	\$96	11/7	Th	4:30pm- 5:00pm

Wheaton Ice Arena

245207	4-12yrs	6 Classes	\$96	9/6	F	5:45pm- 6:15pm
245208	4-12yrs	6 Classes	\$96	9/7	Sa	11:15am-11:45am
245209	4-12yrs	6 Classes	\$96	9/8	Su	2:00pm- 2:30pm
245210	4-12yrs	6 Classes	\$96	9/8	Su	4:00pm- 4:30pm
245211	4-12yrs	6 Classes	\$96	9/12	Th	5:30pm- 6:00pm
245213	4-12yrs	6 Classes	\$96	11/1	F	5:45pm- 6:15pm
245214	4-12yrs	6 Classes	\$96	11/2	Sa	11:15am-11:45am
245215	4-12yrs	6 Classes	\$96	11/3	Su	2:00pm- 2:30pm
245218	4-12yrs	6 Classes	\$96	11/3	Su	2:45pm- 3:15pm
245220	4-12yrs	6 Classes	\$96	11/7	Th	5:30pm- 6:00pm

Basic 4 *Prerequisite: Passed Basic 3 (Alpha)*

Learn forward outside and inside edges on a circle, forward crossovers (clockwise and counterclockwise), forward outside three-turns, backward half swizzle pumps on a circle (clockwise and counterclockwise), backward stroking, and a backward snowplow stop.

Cabin John Ice Rink

244807	4-12yrs	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
245116	4-12yrs	6 Classes	\$96	9/7	Sa	9:30am-10:00am
245164	4-12yrs	6 Classes	\$96	9/7	Sa	12:15pm-12:45pm
245200	4-12yrs	6 Classes	\$96	9/7	Sa	2:45pm- 3:15pm
245227	4-12yrs	6 Classes	\$96	9/8	Su	12:30pm- 1:00pm
245246	4-12yrs	6 Classes	\$96	9/8	Su	2:15pm- 2:45pm
243702	4-12yrs	6 Classes	\$96	9/9	M	4:15pm- 4:45pm
243750	4-12yrs	6 Classes	\$96	9/10	Tu	4:30pm- 5:00pm
244253	4-12yrs	6 Classes	\$96	9/11	W	4:30pm- 5:00pm
244354	4-12yrs	6 Classes	\$96	9/12	Th	4:30pm- 5:00pm
245480	4-12yrs	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245481	4-12yrs	6 Classes	\$96	11/2	Sa	9:30am-10:00am
245482	4-12yrs	6 Classes	\$96	11/2	Sa	12:15pm-12:45pm
245483	4-12yrs	6 Classes	\$96	11/2	Sa	2:45pm- 3:15pm
245484	4-12yrs	6 Classes	\$96	11/3	Su	12:30pm- 1:00pm
245485	4-12yrs	6 Classes	\$96	11/3	Su	2:15pm- 2:45pm
245476	4-12yrs	6 Classes	\$96	11/4	M	4:15pm- 4:45pm
245477	4-12yrs	6 Classes	\$96	11/5	Tu	4:30pm- 5:00pm
245478	4-12yrs	6 Classes	\$96	11/6	W	4:30pm- 5:00pm
245479	4-12yrs	6 Classes	\$96	11/7	Th	4:30pm- 5:00pm

Wheaton Ice Arena

245242	4-12yrs	6 Classes	\$96	9/6	F	5:45pm- 6:15pm
245243	4-12yrs	6 Classes	\$96	9/7	Sa	11:15am-11:45am
245244	4-12yrs	6 Classes	\$96	9/8	Su	2:00pm- 2:30pm
245245	4-12yrs	6 Classes	\$96	9/12	Th	6:45pm- 7:15pm
245252	4-12yrs	6 Classes	\$96	11/1	F	5:45pm- 6:15pm
245253	4-12yrs	6 Classes	\$96	11/2	Sa	11:15am-11:45am
245254	4-12yrs	6 Classes	\$96	11/3	Su	2:00pm- 2:30pm
245255	4-12yrs	6 Classes	\$96	11/7	Th	5:30pm- 6:00pm

Basic 5 *Prerequisite: Passed Basic 4 (Beta)*

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers (clockwise and counterclockwise), a beginning one-foot spin, a hockey stop, and the side toe hop.

Cabin John Ice Rink

244809	4-12yrs	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
245114	4-12yrs	6 Classes	\$96	9/7	Sa	9:30am-10:00am
245165	4-12yrs	6 Classes	\$96	9/7	Sa	12:15pm-12:45pm
245229	4-12yrs	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
243704	4-12yrs	6 Classes	\$96	9/9	M	4:45pm- 5:15pm
243751	4-12yrs	6 Classes	\$96	9/10	Tu	4:30pm- 5:00pm
244254	4-12yrs	6 Classes	\$96	9/11	W	5:00pm- 5:30pm
245493	4-12yrs	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245494	4-12yrs	6 Classes	\$96	11/2	Sa	9:30am-10:00am
245495	4-12yrs	6 Classes	\$96	11/2	Sa	12:15pm-12:45pm
245496	4-12yrs	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm
245490	4-12yrs	6 Classes	\$96	11/4	M	4:45pm- 5:15pm
245491	4-12yrs	6 Classes	\$96	11/5	Tu	4:30pm- 5:00pm
245492	4-12yrs	6 Classes	\$96	11/6	W	5:00pm- 5:30pm

Wheaton Ice Arena

245256	4-12yrs	6 Classes	\$96	9/7	Sa	11:15am-11:45am
245257	4-12yrs	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245258	4-12yrs	6 Classes	\$96	9/12	Th	6:45pm- 7:15pm
245259	4-12yrs	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245260	4-12yrs	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm
245261	4-12yrs	6 Classes	\$96	11/7	Th	6:45pm- 7:15pm

Basic 6 *Prerequisite: Passed Basic 5 (Gamma)*

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle (clockwise and counterclockwise), a T-stop, bunny hops, a forward spiral on a straight line, and a forward lunge.

Cabin John Ice Rink

244811	4-12yrs	6 Classes	\$144	9/6	F	4:30pm- 5:15pm
245105	4-12yrs	6 Classes	\$144	9/7	Sa	9:15am-10:00am
245173	4-12yrs	6 Classes	\$144	9/7	Sa	1:45pm- 2:30pm
245234	4-12yrs	6 Classes	\$144	9/8	Su	3:45pm- 4:30pm
243705	4-12yrs	6 Classes	\$144	9/9	M	5:15pm- 6:00pm
245300	4-12yrs	6 Classes	\$144	9/10	Tu	5:00pm- 5:45pm
244257	4-12yrs	6 Classes	\$144	9/11	W	5:30pm- 6:15pm
244356	4-12yrs	6 Classes	\$144	9/12	Th	5:00pm- 5:45pm
245507	4-12yrs	6 Classes	\$144	11/1	F	4:30pm- 5:15pm
245508	4-12yrs	6 Classes	\$144	11/2	Sa	9:15am-10:00am
245509	4-12yrs	6 Classes	\$144	11/2	Sa	1:45pm- 2:30pm
245510	4-12yrs	6 Classes	\$144	11/3	Su	3:45pm- 4:30pm
245504	4-12yrs	6 Classes	\$144	11/4	M	5:15pm- 6:00pm
245511	4-12yrs	6 Classes	\$144	11/5	Tu	5:00pm- 5:45pm
245505	4-12yrs	6 Classes	\$144	11/6	W	5:30pm- 6:15pm
245506	4-12yrs	6 Classes	\$144	11/7	Th	5:00pm- 5:45pm

Wheaton Ice Arena

245299	4-12yrs	6 Classes	\$96	9/7	Sa	11:45am-12:15pm
245302	4-12yrs	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245303	4-12yrs	6 Classes	\$96	9/12	Th	6:15pm- 6:45pm
245305	4-12yrs	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245306	4-12yrs	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm
245307	4-12yrs	6 Classes	\$96	11/7	Th	6:45pm- 7:15pm

Basic 7 *Prerequisite: Passed Basic 6 (Delta)*

We'll cover the forward inside open mohawk, the backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides (landing position, clockwise and counterclockwise), and forward inside pivots.

Cabin John Ice Rink

244812	4-12yrs	6 Classes	\$144	9/6	F	4:30pm- 5:15pm
245112	4-12yrs	6 Classes	\$144	9/7	Sa	9:15am-10:00am
245174	4-12yrs	6 Classes	\$144	9/7	Sa	1:45pm- 2:30pm
245235	4-12yrs	6 Classes	\$144	9/8	Su	3:45pm- 4:30pm
243706	4-12yrs	6 Classes	\$144	9/9	M	5:15pm- 6:00pm
244258	4-12yrs	6 Classes	\$144	9/11	W	5:30pm- 6:15pm
244355	4-12yrs	6 Classes	\$144	9/12	Th	5:00pm- 5:45pm
245515	4-12yrs	6 Classes	\$144	11/1	F	4:30pm- 5:15pm
245516	4-12yrs	6 Classes	\$144	11/2	Sa	9:15am-10:00am
245517	4-12yrs	6 Classes	\$144	11/2	Sa	1:45pm- 2:30pm
245518	4-12yrs	6 Classes	\$144	11/3	Su	3:45pm- 4:30pm
245512	4-12yrs	6 Classes	\$144	11/4	M	5:15pm- 6:00pm
245513	4-12yrs	6 Classes	\$144	11/6	W	5:30pm- 6:15pm
245514	4-12yrs	6 Classes	\$144	11/7	Th	5:00pm- 5:45pm

Wheaton Ice Arena

245314	4-12yrs	6 Classes	\$96	9/7	Sa	11:45am-12:15pm
245315	4-12yrs	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245317	4-12yrs	6 Classes	\$96	9/12	Th	6:15pm- 6:45pm
245318	4-12yrs	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245319	4-12yrs	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm
245321	4-12yrs	6 Classes	\$96	11/7	Th	6:15pm- 6:45pm



Ice Skating



Ice Skating



ICE DANCE CLINIC

Prerequisite: Passed Freestyle 1 or permission from skating director

This clinic focuses on the three critical areas of ice dance fundamentals: steps, patterns and timing. Ice dancers will learn how to incorporate flow, speed, correct edge, depth of edge, neatness of footwork, posture, expression, extensions, and of course, partnering.

Cabin John Ice Rink

250049	6 & up	1 Class					
Sat. 9/14	10-11am	\$32					
250050	6 & up	1 Class					
Sat. 10/26	10-11am	\$32					

Basic 8 *Prerequisite: Passed Basic 7 (Intro to Freestyle)*

Skaters will learn moving forward outside & inside three-turns on a circle, combination move (forward crossovers into forward inside mohawk, cross behind, step into backward crossover and step to forward inside edge), a one-foot upright spin, waltz jump, and a mazurka.

Cabin John Ice Rink

245600	4 & up	6 Classes	\$144	11/1	F	5:45pm- 6:30pm	
245601	4 & up	6 Classes	\$144	11/2	Sa	9:15am-10:00am	
245599	4 & up	6 Classes	\$144	11/4	M	5:15pm- 6:00pm	

Wheaton Ice Arena

245324	4-12yrs	6 Classes	\$96	11/2	Sa	10:15am-10:45am	
245326	4-12yrs	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm	
245327	4-12yrs	6 Classes	\$96	11/7	Th	6:15pm- 6:45pm	

Free Skate Curriculum *(was Freestyle)*

The Freeski levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Free Skate 1 *Prerequisite: Basic 8 (Intro to Freestyle)*

Skaters will work on advanced forward stroking, basic forward outside and forward inside consecutive edges (4-6), advanced back outside three-turns (clockwise and counterclockwise, R and L), scratch spin from back crossovers (three revolutions minimum), waltz jump from 2-3 back crossovers, and half flip.

Cabin John Ice Rink

245135	5 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am	
245201	5 & up	6 Classes	\$144	9/7	Sa	3:15pm- 4:00pm	
243707	5 & up	6 Classes	\$144	9/9	M	6:15pm- 7:00pm	
245325	5 & up	6 Classes	\$144	9/11	W	6:30pm- 7:15pm	
245523	5 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am	
245524	5 & up	6 Classes	\$144	11/2	Sa	3:15pm- 4:00pm	
245522	5 & up	6 Classes	\$144	11/4	M	6:15pm- 7:00pm	
245525	5 & up	6 Classes	\$144	11/6	W	6:30pm- 7:15pm	

Wheaton Ice Arena

245330	5 & up	6 Classes	\$96	9/7	Sa	11:45am-12:15pm	
245331	5 & up	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm	
245332	5 & up	6 Classes	\$96	9/12	Th	6:15pm- 6:45pm	
245333	5 & up	6 Classes	\$96	11/2	Sa	11:45am-12:15pm	
245334	5 & up	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm	
245335	5 & up	6 Classes	\$96	11/7	Th	6:15pm- 6:45pm	

Free Skate 2

Prerequisite: Passed Free Skate 1 (Freestyle 1)

Skaters will learn basic back outside and back inside consecutive edges (4-6), forward outside and forward inside spirals (clockwise and counterclockwise, R and L), continuous forward progressive chasse sequence (clockwise and counterclockwise), waltz threes (R and L), beginning back spin (two turns), waltz jump, side toe hop, waltz jump sequence, and toe-loop.

Cabin John Ice Rink

245136	5 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am	
245202	5 & up	6 Classes	\$144	9/7	Sa	3:15pm- 4:00pm	
243708	5 & up	6 Classes	\$144	9/9	M	7:00pm- 7:45pm	
245527	5 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am	
245528	5 & up	6 Classes	\$144	11/2	Sa	3:15pm- 4:00pm	
245526	5 & up	6 Classes	\$144	11/4	M	7:00pm- 7:45pm	

Free Skate 2 (cont.) *Wheaton Ice Arena*

245336	5 & up	6 Classes	\$96	9/7	Sa	11:45am-12:15pm	
245341	5 & up	6 Classes	\$96	9/12	Th	6:15pm- 6:45pm	
245342	5 & up	6 Classes	\$96	11/2	Sa	10:45am-11:15am	
245343	5 & up	6 Classes	\$96	11/3	Su	2:00pm- 2:30pm	
245344	5 & up	6 Classes	\$96	11/7	Th	6:15pm- 6:45pm	

Free Skate 3

Prerequisite: Passed Free Skate 2 (Freestyle 2)

We'll cover forward and backward crossovers in figure 8 pattern, waltz 8, advanced forward consecutive swing rolls (4-6), backward inside three-turns (R and L), backspin with free foot in crossed leg position (three revolutions minimum), salchow, half-lutz jump, and waltz jump-toe loop combo or salchow-toe loop combination sequence on a circle (clockwise and counterclockwise).

Cabin John Ice Rink

245128	5 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am	
243709	5 & up	6 Classes	\$144	9/9	M	7:45pm- 8:30pm	
245530	5 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am	
245529	5 & up	6 Classes	\$144	11/4	M	7:45pm- 8:30pm	

Wheaton Ice Arena

245345	5 & up	6 Classes	\$96	9/12	Th	6:15pm- 6:45pm	
245346	5 & up	6 Classes	\$96	11/7	Th	6:15pm- 6:45pm	

Free Skate 4

Prerequisite: Passed Free Skate 3 (Freestyle 3)

Learn a spiral sequence, forward power three-turns, continuous backward progressive chasse sequence on a circle, sit spin, loop jump, and waltz jump-loop jump combo.

Cabin John Ice Rink

245137	5 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am	
243710	5 & up	6 Classes	\$144	9/9	M	7:45pm- 8:30pm	
245532	5 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am	
245531	5 & up	6 Classes	\$144	11/4	M	7:45pm- 8:30pm	

Wheaton Ice Arena

245347	5 & up	6 Classes	\$96	9/12	Th	7:15pm- 7:45pm	
245348	5 & up	6 Classes	\$96	11/7	Th	7:15pm- 7:45pm	

Free Skate 5

Prerequisite: Passed Free Skate 4 (Freestyle 4)

Skaters learn backward outside three-turn, mohawk into three backward crossovers, a spiral sequence, the forward outside slide chasse spiral roll sequence, a camel spin, a forward upright to back scratch spin, loop/loop combination, flip jump and a waltz-falling leaf-toe loop jump sequence.

Cabin John Ice Rink

245138	5 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am	
245533	5 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am	

Wheaton Ice Arena

245349	5 & up	6 Classes	\$96	9/12	Th	7:15pm- 7:45pm	
245350	5 & up	6 Classes	\$96	11/7	Th	7:15pm- 7:45pm	

Free Skate 6 *Prerequisite: Passed Free Skate 5 (Freestyle 4)*

We'll cover alternating back crossovers to back outside edges, the five-step mohawk sequence, a camel-sit spin combination, a split or stag jump, a waltz-half loop-salchow, lutz jump, and preparation for the axel.

Cabin John Ice Rink

245139	5 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am	
245534	5 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am	

Wheaton Ice Arena

245351	5 & up	6 Classes	\$96	9/12	Th	7:15pm- 7:45pm	
245352	5 & up	6 Classes	\$96	11/7	Th	7:15pm- 7:45pm	

Free Skate 7

Prerequisite: Passed Free Skate 6 (Freestyle 6)

Skaters will learn advanced jumps, combination spins, a footwork sequence, and enhance their fluidity on the ice through practicing moves and edges.

Cabin John Ice Rink

245140	5 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am
245535	5 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am

Wheaton Ice Arena

245353	5 & up	6 Classes	\$96	9/12	Th	7:15pm- 7:45pm
245354	5 & up	6 Classes	\$96	11/7	Th	7:15pm- 7:45pm

Adult Curriculum

The Adult curriculum is designed for skaters age 12 and up. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Adult 1

Learn falling and recovery, forward strides and gliding, forward swizzles (4-6 in a row), backward skating, backward swizzles (4-6 in a row), forward one-foot glides (one time skater's height: R and L), two-foot turns in place, snowplow stops (R or L or both), forward curves on two feet, and forward half swizzle pumps on a circle (4-6 in a row, clockwise and counterclockwise). Bicycle helmets are strongly recommended.

Cabin John Ice Rink

245051	12 & up	6 Classes	\$144	9/7	Sa	8:30am- 9:15am
243250	12 & up	6 Classes	\$144	9/9	M	11:45am-12:30pm
243711	12 & up	6 Classes	\$144	9/9	M	8:30pm- 9:15pm
244361	12 & up	6 Classes	\$144	9/12	Th	7:15pm- 8:00pm
245434	12 & up	6 Classes	\$144	11/2	Sa	8:30am- 9:15am
245431	12 & up	6 Classes	\$144	11/4	M	11:45am-12:30pm
245432	12 & up	6 Classes	\$144	11/4	M	8:30pm- 9:15pm
245433	12 & up	6 Classes	\$144	11/7	Th	7:15pm- 8:00pm

Wheaton Ice Arena

245099	12 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am
245102	12 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am

Adult 2

Prerequisite: Passed Adult 1 (Pre-Alpha Plus)

Learn forward stroking, backward half-swizzle pumps on a circle (4-6 in a row, clockwise and counterclockwise), moving two-foot turns on a curve (both directions), forward edges on a circle (outside and inside, clockwise and counterclockwise), forward crossovers (clockwise and counterclockwise), backward one-foot glide (R or L), forward pivot, forward chasses on a circle.

Cabin John Ice Rink

245052	12 & up	6 Classes	\$144	9/7	Sa	8:30am- 9:15am
243599	12 & up	6 Classes	\$144	9/9	M	11:45am-12:30pm
244362	12 & up	6 Classes	\$144	9/12	Th	7:15pm- 8:00pm
245475	12 & up	6 Classes	\$144	11/2	Sa	8:30am- 9:15am
245473	12 & up	6 Classes	\$144	11/4	M	11:45am-12:30pm
245474	12 & up	6 Classes	\$144	11/7	Th	7:15pm- 8:00pm

Wheaton Ice Arena

245237	12 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am
245239	12 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am

Adult 3

Prerequisite: Passed Adult 2 (Alpha)

Learn backward edges on a circle (outside and inside, clockwise and counterclockwise), backward crossovers (clockwise and counterclockwise), inside mohawk (either direction), basic forward outside and forward inside consecutive edges (4-6), forward progressives, beginning two-foot spin, and backward snowplow stops (R and L).

Cabin John Ice Rink

245101	12 & up	6 Classes	\$144	9/7	Sa	9:15am-10:00am
243649	12 & up	6 Classes	\$144	9/9	M	11:00am-11:45am
244363	12 & up	6 Classes	\$144	9/12	Th	8:00pm- 8:45pm
245501	12 & up	6 Classes	\$144	11/2	Sa	9:15am-10:00am
245499	12 & up	6 Classes	\$144	11/4	M	11:00am-11:45am
245500	12 & up	6 Classes	\$144	11/7	Th	8:00pm- 8:45pm

Wheaton Ice Arena

245263	12 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am
245264	12 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am

Adult 4

Prerequisite: Passed Adult 3 (Beta)

Learn forward three turns (outside and inside - R and L), perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence (3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle and repeat), power three-turns (one direction only), and backward chassés on a circle.

Cabin John Ice Rink

245103	12 & up	6 Classes	\$144	9/7	Sa	9:15am-10:00am
243650	12 & up	6 Classes	\$144	9/9	M	11:00am-11:45am
244799	12 & up	6 Classes	\$144	9/12	Th	8:00pm- 8:45pm
245521	12 & up	6 Classes	\$144	11/2	Sa	9:15am-10:00am
245519	12 & up	6 Classes	\$144	11/4	M	11:00am-11:45am
245520	12 & up	6 Classes	\$144	11/7	Th	8:00pm- 8:45pm

Wheaton Ice Arena

245322	12 & up	6 Classes	\$144	9/7	Sa	11:00am-11:45am
245323	12 & up	6 Classes	\$144	11/2	Sa	11:00am-11:45am

Test the Ice NEW!

Try a single lesson with a skating instructor and learn skills that will help you have a blast on the ice! Each class includes a 30-minute lesson, skate rentals, and admission to that same day's 12-2pm public session at Cabin John, or the 12:30-2:30pm session at Wheaton Ice—all for \$16!

Cabin John Ice Rink

250101	3 & up	Family Class	1 Class	\$16	9/14	Sa	11:00am-11:30am
250105	3 & up	Family Class	1 Class	\$16	10/26	Sa	11:00am-11:30am
250099	3-5yrs	Snowplow Sam	1 Class	\$16	9/14	Sa	11:00am-11:30am
250103	3-5yrs	Snowplow Sam	1 Class	\$16	10/26	Sa	11:00am-11:30am
250100	6-12yrs	Basic Skating for Youth	1 Class	\$16	9/14	Sa	11:00am-11:30am
250104	6-12yrs	Basic Skating for Youth	1 Class	\$16	10/26	Sa	11:00am-11:30am
250102	13 & up	Teens & Adults	1 Class	\$16	9/14	Sa	11:00am-11:30am
250106	13 & up	Teens & Adults	1 Class	\$16	10/26	Sa	11:00am-11:30am

Wheaton Ice Arena

250153	3 & up	Family Class	1 Class	\$16	10/26	Sa	12:30pm- 1:00pm
250105	3 & up	Family Class	1 Class	\$16	10/26	Sa	1:00pm- 1:30pm
250149	3-5yrs	Snowplow Sam	1 Class	\$16	10/26	Sa	12:30pm- 1:00pm
250150	3-5yrs	Snowplow Sam	1 Class	\$16	10/26	Sa	1:00pm- 1:30pm
250151	6-12yrs	Basic Skating for Youth	1 Class	\$16	10/26	Sa	12:30pm-1:00am
250152	6-12yrs	Basic Skating for Youth	1 Class	\$16	10/26	Sa	1:00pm- 1:30pm



Ice Skating





Ice Skating

Specialty Offerings



Moves/Edges

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFSA Moves in the Field patterns. Each course level has a different prerequisite.

Moves/Edges, Beginner

Prerequisite: Passed Basic 7 (Intro to Freestyle)

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFSA Moves in the Field patterns.

Cabin John Ice Rink

245130	5 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am
245537	5 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am
244300	8 & up	6 Classes	\$144	9/12	Th	9:15am-10:00am
245536	8 & up	6 Classes	\$144	11/7	Th	9:15am-10:00am

Moves/Edges, Advanced

Prerequisite: Passed Free Skate (Freestyle) 2, or Pre-Preliminary Moves test
In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFSA Moves in the Field patterns.

Cabin John Ice Rink

245131	5 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am
245538	5 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am

Moves/Edges, All

Prerequisite: Passed Basic 7 (Intro to Freestyle)

Wheaton Ice Arena

245542	5 & up	6 Classes	\$96	9/12	Th	6:45pm-7:15pm
245544	5 & up	6 Classes	\$96	11/7	Th	6:45pm-7:15pm

Moves/Edges, Advanced Adult

Prerequisite: Passed Adult 3/Pre-Preliminary Moves test, or equivalent

Wheaton Ice Arena

245543	5 & up	6 Classes	\$96	9/12	Th	6:45pm-7:15pm
245545	5 & up	6 Classes	\$96	11/7	Th	6:45pm-7:15pm

Just Axels

Prerequisite: Free Skate (Freestyle) 5, or permission from instructor. The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

Cabin John Ice Rink

245340	5 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am
245541	5 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am

Ice Dancing Fundamentals

Prerequisite: Passed Free Skate (Freestyle) 1, or equivalent
Introduction to basic ice dancing steps, including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. We'll combine all these elements doing the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance.

Cabin John Ice Rink

245129	5 & up	6 Classes	\$144	9/7	Sa	10:15am-11:00am
245539	5 & up	6 Classes	\$144	11/2	Sa	10:15am-11:00am

Create a Great Skating Program

Prerequisite: Passed Basic 5 (Gamma), or equivalent
You know how to skate, and you're working on technical skills in other classes. Now learn to put your moves to music, and create a beautiful skating program.

Cabin John Ice Rink

244259	5 & up	6 Classes	\$144	9/11	W	7:15pm-8:00pm
245540	5 & up	6 Classes	\$144	11/6	W	7:15pm-8:00pm

FREE Hockey Equipment Rentals at Wheaton Ice

Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment for use at no cost for Hockey 1 or 2 classes. Equipment fits kids ages 4-6 and 6-8, and includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; use the ParkPASS numbers listed to reserve equipment after registering for Hockey 1 or 2 at Wheaton Ice.



Ice Hockey Equipment Rental: SMALL

245564	4-6yrs	6 Classes	Free	9/7	Sa	10:15am-10:45am
245566	4-6yrs	6 Classes	Free	9/7	Sa	11:45am-12:15pm
245568	4-6yrs	6 Classes	Free	9/8	Su	1:00pm-1:30pm
245570	4-6yrs	6 Classes	Free	9/8	Su	2:00pm-2:30pm
245572	4-6yrs	6 Classes	Free	11/2	Sa	10:15am-10:45am
245574	4-6yrs	6 Classes	Free	11/2	Sa	11:45am-12:15pm
245576	4-6yrs	6 Classes	Free	11/3	Su	1:00pm-1:30pm
245578	4-6yrs	6 Classes	Free	11/3	Su	2:00pm-2:30pm

Ice Hockey Equipment Rental: LARGE

245565	6-8yrs	6 Classes	Free	9/7	Sa	10:15am-10:45am
245567	6-8yrs	6 Classes	Free	9/7	Sa	11:45am-12:15pm
245569	6-8yrs	6 Classes	Free	9/8	Su	1:00pm-1:30pm
245571	6-8yrs	6 Classes	Free	9/8	Su	2:00pm-2:30pm
245573	6-8yrs	6 Classes	Free	11/2	Sa	10:15am-10:45am
245575	6-8yrs	6 Classes	Free	11/2	Sa	11:45am-12:15pm
245577	6-8yrs	6 Classes	Free	11/3	Su	1:00pm-1:30pm
245579	6-8yrs	6 Classes	Free	11/3	Su	2:00pm-2:30pm

Get a FREE Cabin John HOCKEY JERSEY

with each paid registration for a Pre-Hockey, Hockey 1, Hockey 2, Hockey 3 or Hockey 4 class at Cabin John Ice Rink!



Parent and Tot Hockey

Prerequisite: Passed Snowplow Sam 1 or 2 (Pre-Alpha, Preschool or Tot 1 or Tot 2)

What's more fun than learning to pass the puck to Mom or Dad? This is a great introduction to hockey for parents and their children (ages 3-5). We'll cover basic skating and stick handling skills.

Please register only the child; fee covers one child and one parent. Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skater's height; rental hockey skates are available.

Cabin John Ice Rink

245002	3-5yrs	6 Classes	\$102	9/7	Sa	8:30am- 9:00am
245337	3-5yrs	6 Classes	\$102	9/7	Sa	10:30am-11:00am
245251	3-5yrs	6 Classes	\$102	9/8	Su	3:15pm- 3:45pm
245355	3-5yrs	6 Classes	\$102	11/2	Sa	8:30am- 9:00am
245357	3-5yrs	6 Classes	\$102	11/2	Sa	10:30am-11:00am
245356	3-5yrs	6 Classes	\$102	11/3	Su	3:15pm- 3:45pm

Wheaton Ice Arena

245546	3-5yrs	6 Classes	\$96	9/7	Sa	10:45am-11:15am
245547	3-5yrs	6 Classes	\$96	11/2	Sa	10:45am-11:15am

Hockey Curriculum

The Hockey curriculum is designed to teach the fundamentals of hockey skating. Skaters will learn to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus. Skaters will learn the necessary fundamentals to be successful in game situations.

Pre-Hockey

Learn how to sit on the ice and stand up, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide (one time skater's height), dip or squat, scooter pushes or T-push, forward swizzles (4-6 in a row), snowplow stop, and backward skating.

Equipment required: Certified (caged) hockey helmet

Cabin John Ice Rink

244850	4-8yrs	6 Classes	\$102	9/6	F	5:15pm- 5:45pm
245126	4-8yrs	6 Classes	\$102	9/7	Sa	9:30am-10:00am
245338	4-8yrs	6 Classes	\$102	9/7	Sa	10:30am-11:00am
245172	4-8yrs	6 Classes	\$102	9/7	Sa	1:15pm- 1:45pm
245250	4-8yrs	6 Classes	\$102	9/8	Su	3:15pm- 3:45pm
244357	4-8yrs	6 Classes	\$102	9/12	Th	5:45pm- 6:15pm
245418	4-8yrs	6 Classes	\$102	11/1	F	5:15pm- 5:45pm
245419	4-8yrs	6 Classes	\$102	11/2	Sa	9:30am-10:00am
245424	4-8yrs	6 Classes	\$102	11/2	Sa	10:30am-11:00am
245422	4-8yrs	6 Classes	\$102	11/2	Sa	1:15pm- 1:45pm
245423	4-8yrs	6 Classes	\$102	11/3	Su	3:15pm- 3:45pm
245417	4-8yrs	6 Classes	\$102	11/7	Th	5:45pm- 6:15pm
245127	9-13yrs	6 Classes	\$102	9/7	Sa	9:30am-10:00am
245171	9-13yrs	6 Classes	\$102	9/7	Sa	1:15pm- 1:45pm
245420	9-13yrs	6 Classes	\$102	11/2	Sa	9:30am-10:00am
245421	9-13yrs	6 Classes	\$102	11/2	Sa	1:15pm- 1:45pm

Wheaton Ice Arena

245548	4 & up	6 Classes	\$96	9/7	Sa	11:15am-11:45am
245549	4 & up	6 Classes	\$96	9/8	Su	2:00pm- 2:30pm
245550	4 & up	6 Classes	\$96	11/2	Sa	11:15am-11:45am
245551	4 & up	6 Classes	\$96	11/3	Su	2:00pm- 2:30pm

**See "FREE Hockey Equipment Rentals at Wheaton Ice" in blue box on p.154.*

Hockey 1

Prerequisite: Passed Pre-Hockey (Pre-Alpha for Hockey)

Learn backward stance, skating forward using full strides, forward one-foot glides (R and L), backward hustle, backward swizzles (4-6 in a row), glide turns (both directions), and moving snowplow stops.

Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skater's height; rental hockey skates are available.

Cabin John Ice Rink

244851	4-8yrs	6 Classes	\$102	9/6	F	5:45pm- 6:15pm
245124	4-8yrs	6 Classes	\$102	9/7	Sa	10:00am-10:30am
245339	4-8yrs	6 Classes	\$102	9/7	Sa	10:30am-11:00am
244358	4-8yrs	6 Classes	\$102	9/12	Th	5:45pm- 6:15pm
245430	4-8yrs	6 Classes	\$102	11/2	Sa	10:30am-11:00am
245425	4-8yrs	6 Classes	\$102	11/7	Th	5:45pm- 6:15pm
245428	4-8yrs	6 Classes	\$102	11/2	Sa	10:00am-10:30am
245001	9-13yrs	6 Classes	\$150	9/7	Sa	8:30am- 9:15am
245309	9-13yrs	6 Classes	\$150	9/10	Tu	5:00pm- 5:45pm
245427	9-13yrs	6 Classes	\$150	11/2	Sa	8:30am- 9:15am
245429	9-13yrs	6 Classes	\$150	11/5	Tu	5:00pm- 5:45pm

Wheaton Ice Arena *

245552	4 & up	6 Classes	\$96	9/7	Sa	10:15am-10:45am
245553	4 & up	6 Classes	\$96	9/8	Su	2:00pm- 2:30pm
245554	4 & up	6 Classes	\$96	11/2	Sa	10:15am-10:45am



**See "FREE Hockey Equipment Rentals at Wheaton Ice" in blue box on p.154.*

ICE HOCKEY CLINIC

Prerequisite: Passed Hockey 1 (Mitey Mites 2)

This hockey clinic is designed to teach the basic fundamentals of hockey, including skating, stick handling and beginning game play. Full gear is required.

Cabin John Ice Rink

249949	4-8yrs	1 Class	\$32	9/14	Sa	9:00am-10:00am
249999	4-8yrs	1 Class	\$32	10/26	Sa	9:00am-10:00am
249950	9-15yrs	1 Class	\$32	9/14	Sa	9:00am-10:00am
250000	9-15yrs	1 Class	\$32	10/26	Sa	9:00am-10:00am

Hockey 2

Prerequisite: Passed Hockey 1 (Mitey Mites 2)

Learn forward C-cuts (half swizzle pumps) on a circle (R and L), hockey turns (R and L) with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers (both directions). *Full gear required.*

Cabin John Ice Rink

244849	4-8yrs	6 Classes	\$150	9/6	F	4:30pm- 5:15pm
244949	4-8yrs	6 Classes	\$150	9/7	Sa	7:45am- 8:30am
245304	4-8yrs	6 Classes	\$150	9/10	Tu	5:00pm- 5:45pm
244359	4-8yrs	6 Classes	\$150	9/12	Th	6:15pm- 7:00pm
245451	4-8yrs	6 Classes	\$150	11/1	F	4:30pm- 5:15pm
245452	4-8yrs	6 Classes	\$150	11/2	Sa	7:45am- 8:30am
245454	4-8yrs	6 Classes	\$150	11/5	Tu	5:00pm- 5:45pm
245450	4-8yrs	6 Classes	\$150	11/7	Th	6:15pm- 7:00pm
245000	9-13yrs	6 Classes	\$150	9/7	Sa	8:30am- 9:15am
245308	9-13yrs	6 Classes	\$150	9/10	Tu	7:00pm- 7:45pm
245453	9-13yrs	6 Classes	\$150	11/2	Sa	8:30am- 9:15am
245455	9-13yrs	6 Classes	\$150	11/5	Tu	7:00pm- 7:45pm

Wheaton Ice Arena *

245555	4 & up	6 Classes	\$96	9/7	Sa	11:45am-12:15pm
245556	4 & up	6 Classes	\$96	11/2	Sa	11:45am-12:15pm
245557	4 & up	6 Classes	\$96	11/3	Su	2:00pm- 2:30pm



FULL HOCKEY GEAR INCLUDES

- Caged hockey helmet
 - Shoulder pads
 - Elbow pads
 - Hockey pants
 - Shin guards
 - Hockey gloves
 - Protective cup
 - Curved stick cut to skater's height
 - Hockey skates
- Rental skates are available at no extra charge with your class!



Hockey 3

Prerequisite: Passed Hockey 2 (Mitey Mites 3)

Learn forward one-foot pushes on a circle, forward crossover glides (hold feet in crossed position for two counts), forward crossovers (clockwise and counter-clockwise), alternating backward C-cuts in a line (half swizzle pumps), backward one-foot glides (R and L), mohawks (R to L and L to R), and hockey stops.

Full gear required.

Cabin John Ice Rink

244852	4-8yrs	6 Classes	\$150	9/6	F	5:45pm- 6:30pm
244950	4-8yrs	6 Classes	\$150	9/7	Sa	7:45am- 8:30am
245310	4-8yrs	6 Classes	\$150	9/10	Tu	5:45pm- 6:30pm
245329	4-8yrs	6 Classes	\$150	9/12	Th	6:15pm- 7:00pm
245467	4-8yrs	6 Classes	\$150	11/1	F	5:45pm- 6:30pm
245468	4-8yrs	6 Classes	\$150	11/2	Sa	7:45am- 8:30am
245470	4-8yrs	6 Classes	\$150	11/5	Tu	5:45pm- 6:30pm
245472	4-8yrs	6 Classes	\$150	11/7	Th	6:15pm- 7:00pm
244952	9-13yrs	6 Classes	\$150	9/7	Sa	7:45am- 8:30am
245311	9-13yrs	6 Classes	\$150	9/10	Tu	7:00pm- 7:45pm
245469	9-13yrs	6 Classes	\$150	11/2	Sa	7:45am- 8:30am
245471	9-13yrs	6 Classes	\$150	11/5	Tu	7:00pm- 7:45pm

Wheaton Ice Arena

245558	4 & up	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245559	4 & up	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm

Hockey 4

Prerequisite: Passed Hockey 3 (Mitey Mites 4)

Learn alternating forward crossovers, backward crossovers - clockwise and counterclockwise on a circle in a figure-8 pattern and straight down the ice, back V-stops, power turns on proper edges, and mohawks (R to L and L to R). *Full gear required.*

Cabin John Ice Rink

244951	4-8yrs	6 Classes	\$150	9/7	Sa	7:45am- 8:30am
245312	4-8yrs	6 Classes	\$150	9/10	Tu	5:45pm- 6:30pm
245486	4-8yrs	6 Classes	\$150	11/2	Sa	7:45am- 8:30am
245488	4-8yrs	6 Classes	\$150	11/5	Tu	5:45pm- 6:30pm
244953	9-13yrs	6 Classes	\$150	9/7	Sa	7:45am- 8:30am
245313	9-13yrs	6 Classes	\$150	9/10	Tu	7:00pm- 7:45pm
245487	9-13yrs	6 Classes	\$150	11/2	Sa	7:45am- 8:30am
245489	9-13yrs	6 Classes	\$150	11/5	Tu	7:00pm- 7:45pm

Wheaton Ice Arena

245560	4 & up	6 Classes	\$96	9/8	Su	1:30pm- 2:00pm
245561	4 & up	6 Classes	\$96	11/3	Su	1:30pm- 2:00pm

Hockey: Teen/Adult

Prerequisite: Passed Adult 1 (Pre-Alpha) in hockey skates

Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. *Equipment required: Caged helmet, curved stick cut to skaters height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.*

Cabin John Ice Rink

244800	12 & up	6 Classes	\$144	9/12	Th	8:45pm- 9:30pm
245456	12 & up	6 Classes	\$144	11/7	Th	8:45pm- 9:30pm

Power Skating for Hockey

Prerequisite: Passed Hockey 2 (Mitey Mites 3)

Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique. *Equipment required: Caged helmet, curved stick cut to skaters height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.*

Cabin John Ice Rink

244810	4 & up	6 Classes	\$96	9/6	F	4:00pm- 4:30pm
245316	4 & up	6 Classes	\$96	9/10	Tu	7:45pm- 8:15pm
245497	4 & up	6 Classes	\$96	11/1	F	4:00pm- 4:30pm
245498	4 & up	6 Classes	\$96	11/5	Tu	7:45pm- 8:15pm

Wheaton Ice Arena

245562	4 & up	6 Classes	\$96	9/8	Su	1:00pm- 1:30pm
245563	4 & up	6 Classes	\$96	11/3	Su	1:00pm- 1:30pm

Scrimmage 1

Prerequisite: Passed Hockey 1 (Mitey Mites Hockey 2)

Learn the rules of hockey through a hands on instructional class which focuses on teaching kids crucial elements of the game. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. *Full gear required.*

Cabin John Ice Rink

244999	4-8yrs	6 Classes	\$144	9/7	Sa	8:30am- 9:15am
245502	4-8yrs	6 Classes	\$144	11/2	Sa	8:30am- 9:15am
245320	6-12yrs	6 Classes	\$96	9/10	Tu	6:30pm- 7:00pm
245503	6-12yrs	6 Classes	\$96	11/5	Tu	6:30pm- 7:00pm

No School?

parkplayday
No Problem!

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports.

Cabin John Ice Rink

245602	6-12yrs	1 Class	\$40	10/18	F	9:00am- 5:00pm
245603	6-12yrs	1 Class	\$40	11/1	F	9:00am- 5:00pm
245604	6-12yrs	1 Class	\$40	12/23	M	9:00am- 5:00pm
245605	6-12yrs	1 Class	\$40	12/26	Th	9:00am- 5:00pm
245606	6-12yrs	1 Class	\$40	12/27	F	9:00am- 5:00pm
245607	6-12yrs	1 Class	\$40	12/30	M	9:00am- 5:00pm

Wheaton Ice Arena

244301	6-12yrs	1 Class	\$40	10/18	F	9:00am- 5:00pm
244302	6-12yrs	1 Class	\$40	11/1	F	9:00am- 5:00pm
244303	6-12yrs	1 Class	\$40	12/23	M	9:00am- 5:00pm
244304	6-12yrs	1 Class	\$40	12/26	Th	9:00am- 5:00pm
244305	6-12yrs	1 Class	\$40	12/27	F	9:00am- 5:00pm
244306	6-12yrs	1 Class	\$40	12/30	M	9:00am- 5:00pm





5 Fun Things to Do This Fall

in Montgomery Parks

1 Immerse yourself in history by visiting the **Underground Railroad Experience Trail** and dozens of other historic sites that celebrate agriculture, African American history and much more.

2 Get fit and enjoy nature by **hiking or biking** along more than 200 miles of trails located in Montgomery Parks.



3 Have an adventure at one of **250+ playgrounds**. Especially adventurous playgrounds can be found in Cabin John Regional Park, South Germantown Regional Park and Wheaton Regional Park.

4 Explore nature and the environment through hikes, classes and special events at our four Nature Centers, or by **camping** at Little Bennett Campground.



5 Learn how to ice skate or play tennis – or just play for fun! - at one of two indoor ice skating rinks, two indoor tennis centers, or 300+ outdoor tennis courts.



MontgomeryParks.org



**NEW!
DROP-IN
SOCCER
GAMES!**

Check FB or
Twitter for dates

WHEATON SPORTS PAVILION

SOCCER FUTSAL LACROSSE

Get your team under our roof!

200' x 85' **COVERED** field • State-of-the art synthetic turf
Sewn-in soccer, lacrosse and futsal lines
Rent the field for \$125/hour or \$75/hour for half-field

www.WheatonSportsPavilion.com



Wheaton Sports Pavilion



@Wheaton_Sports

11751 Orebaugh Ave. | 301-905-3070



**CONTESTS
& PRIZES**
courtesy of



roll skate shop

SKATING under the lights
FOOD vendors on site



MUSIC courtesy of
ROCKETERIA
★ WWW.ROCKETERIA.BIZ ★

Skate to music and live bands

August 9 League

August 16

Out the Window and
Stone Age Rhapsody

August 23 Santiago's
Band of Misfits

Olney Manor Skatepark
is open daily through
October. In
November, the
skatepark will be
open Wednesday,
Saturday and
Sunday, through
November 24. Check us
on Facebook or Twitter
for weather updates.

at **OLNEY MANOR SKATEPARK**

Friday nights thru Aug. 23, 7:30-10:30pm



SKATEPARK





18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | Open through December!


Let's Golf! Clinics

Come learn or brush up on your golf skills at our weekend clinics! We'll teach a different golf skill each weekend. The schedule varies, but we'll definitely cover chipping, putting, pitching, full swing, and more. You'll get personalized instruction, use all the golf balls you need, and can borrow clubs if you don't have your own. Pre-register online and pay \$30 per clinic; register in person the day of the clinic for \$35.

Beginner Clinic

248430	5-17yrs	1 Class	\$30	8/31	Sa	10:00am-11:00am
248450	5-17yrs	1 Class	\$30	9/7	Sa	10:00am-11:00am
248451	5-17yrs	1 Class	\$30	9/14	Sa	10:00am-11:00am
248452	5-17yrs	1 Class	\$30	9/21	Sa	10:00am-11:00am
248453	5-17yrs	1 Class	\$30	9/28	Sa	10:00am-11:00am
248454	5-17yrs	1 Class	\$30	10/5	Sa	10:00am-11:00am
248455	5-17yrs	1 Class	\$30	10/12	Sa	10:00am-11:00am
248456	5-17yrs	1 Class	\$30	10/19	Sa	10:00am-11:00am
248457	5-17yrs	1 Class	\$30	10/26	Sa	10:00am-11:00am
248458	5-17yrs	1 Class	\$30	11/2	Sa	10:00am-11:00am
248459	5-17yrs	1 Class	\$30	11/9	Sa	10:00am-11:00am
248460	5-17yrs	1 Class	\$30	11/16	Sa	10:00am-11:00am
248461	5-17yrs	1 Class	\$30	11/23	Sa	10:00am-11:00am

Beginner Girls' Clinic

248462	5-17yrs	1 Class	\$30	9/1	Su	10:00am-11:00am
248463	5-17yrs	1 Class	\$30	9/8	Su	10:00am-11:00am
248464	5-17yrs	1 Class	\$30	9/15	Su	10:00am-11:00am
248465	5-17yrs	1 Class	\$30	9/23	Su	10:00am-11:00am
248466	5-17yrs	1 Class	\$30	9/29	Su	10:00am-11:00am
248467	5-17yrs	1 Class	\$30	10/6	Su	10:00am-11:00am
248468	5-17yrs	1 Class	\$30	10/13	Su	10:00am-11:00am
248469	5-17yrs	1 Class	\$30	10/20	Su	10:00am-11:00am
248470	5-17yrs	1 Class	\$30	10/27	Su	10:00am-11:00am
248471	5-17yrs	1 Class	\$30	11/4	Su	10:00am-11:00am
248472	5-17yrs	1 Class	\$30	11/10	Su	10:00am-11:00am
248473	5-17yrs	1 Class	\$30	11/17	Su	10:00am-11:00am
248488	5-17yrs	1 Class	\$30	11/24	Su	10:00am-11:00am

Beginner Adults Clinic

248475	18 & up	1 Class	\$30	9/1	Su	11:00am-12:00pm
248476	18 & up	1 Class	\$30	9/8	Su	11:00am-12:00pm
248477	18 & up	1 Class	\$30	9/15	Su	11:00am-12:00pm
248478	18 & up	1 Class	\$30	9/22	Su	11:00am-12:00pm
248479	18 & up	1 Class	\$30	9/29	Su	11:00am-12:00pm
248480	18 & up	1 Class	\$30	10/6	Su	11:00am-12:00pm
248481	18 & up	1 Class	\$30	10/13	Su	11:00am-12:00pm
248482	18 & up	1 Class	\$30	10/21	Su	11:00am-12:00pm
248483	18 & up	1 Class	\$30	10/27	Su	11:00am-12:00pm
248484	18 & up	1 Class	\$30	11/3	Su	11:00am-12:00pm
248485	18 & up	1 Class	\$30	11/10	Su	11:00am-12:00pm
248486	18 & up	1 Class	\$30	11/17	Su	11:00am-12:00pm
248487	18 & up	1 Class	\$30	11/24	Su	11:00am-12:00pm

Intermediate Clinic

248408	5-17yrs	1 Class	\$30	8/31	Sa	9:00am-10:00am
248409	5-17yrs	1 Class	\$30	9/7	Sa	9:00am-10:00am
248410	5-17yrs	1 Class	\$30	9/14	Sa	9:00am-10:00am
248411	5-17yrs	1 Class	\$30	9/21	Sa	9:00am-10:00am
248412	5-17yrs	1 Class	\$30	9/28	Sa	9:00am-10:00am
248413	5-17yrs	1 Class	\$30	10/5	Sa	9:00am-10:00am
248414	5-17yrs	1 Class	\$30	10/12	Sa	9:00am-10:00am
248415	5-17yrs	1 Class	\$30	10/19	Sa	9:00am-10:00am
248434	5-17yrs	1 Class	\$30	10/26	Sa	9:00am-10:00am
248439	5-17yrs	1 Class	\$30	11/2	Sa	9:00am-10:00am
248440	5-17yrs	1 Class	\$30	11/9	Sa	9:00am-10:00am
248441	5-17yrs	1 Class	\$30	11/16	Sa	9:00am-10:00am
248442	5-17yrs	1 Class	\$30	11/23	Sa	9:00am-10:00am

Intermediate Girls' Clinic

248425	5-17yrs	1 Class	\$30	9/2	Su	9:00am-10:00am
248426	5-17yrs	1 Class	\$30	9/8	Su	9:00am-10:00am
248427	5-17yrs	1 Class	\$30	9/15	Su	9:00am-10:00am
248428	5-17yrs	1 Class	\$30	9/22	Su	9:00am-10:00am
248429	5-17yrs	1 Class	\$30	9/29	Su	9:00am-10:00am
248431	5-17yrs	1 Class	\$30	10/6	Su	9:00am-10:00am
248432	5-17yrs	1 Class	\$30	10/13	Su	9:00am-10:00am
248433	5-17yrs	1 Class	\$30	10/20	Su	9:00am-10:00am
248447	5-17yrs	1 Class	\$30	10/27	Su	9:00am-10:00am
248448	5-17yrs	1 Class	\$30	11/3	Su	9:00am-10:00am
248449	5-17yrs	1 Class	\$30	11/10	Su	9:00am-10:00am
248474	5-17yrs	1 Class	\$30	11/17	Su	9:00am-10:00am

NEW CANOPY

coming Spring 2014

10 covered tee boxes

(could be earlier...check website for updates)

Please visit our website for more information about the Driving Range, and save it to your "Favorite Places."

www.SGDrivingRange.com

The website "GermantownGolfPark.com" is owned by the previous operator of the facility and is no longer valid or accurate.



Advanced Clinic

248399	5-17yrs	1 Class	\$30	8/31	Sa	8:00am- 9:00am
248400	5-17yrs	1 Class	\$30	9/7	Sa	8:00am- 9:00am
248401	5-17yrs	1 Class	\$30	9/14	Sa	8:00am- 9:00am
248402	5-17yrs	1 Class	\$30	9/21	Sa	8:00am- 9:00am
248403	5-17yrs	1 Class	\$30	9/28	Sa	8:00am- 9:00am
248404	5-17yrs	1 Class	\$30	10/5	Sa	8:00am- 9:00am
248405	5-17yrs	1 Class	\$30	10/12	Sa	8:00am- 9:00am
248406	5-17yrs	1 Class	\$30	10/19	Sa	8:00am- 9:00am
248407	5-17yrs	1 Class	\$30	10/26	Sa	8:00am- 9:00am
248435	5-17yrs	1 Class	\$30	11/2	Sa	8:00am- 9:00am
248436	5-17yrs	1 Class	\$30	11/9	Sa	8:00am- 9:00am
248437	5-17yrs	1 Class	\$30	11/16	Sa	8:00am- 9:00am
248438	5-17yrs	1 Class	\$30	11/23	Sa	8:00am- 9:00am

Advanced Girls' Clinic

248416	5-17yrs	1 Class	\$30	9/1	Su	8:00am- 9:00am
248417	5-17yrs	1 Class	\$30	9/8	Su	8:00am- 9:00am
248418	5-17yrs	1 Class	\$30	9/15	Su	8:00am- 9:00am
248419	5-17yrs	1 Class	\$30	9/22	Su	8:00am- 9:00am
248420	5-17yrs	1 Class	\$30	9/29	Su	8:00am- 9:00am
248421	5-17yrs	1 Class	\$30	10/6	Su	8:00am- 9:00am
248422	5-17yrs	1 Class	\$30	10/13	Su	8:00am- 9:00am
248423	5-17yrs	1 Class	\$30	10/20	Su	8:00am- 9:00am
248424	5-17yrs	1 Class	\$30	10/27	Su	8:00am- 9:00am
248443	5-17yrs	1 Class	\$30	11/3	Su	8:00am- 9:00am
248444	5-17yrs	1 Class	\$30	11/10	Su	8:00am- 9:00am
248445	5-17yrs	1 Class	\$30	11/17	Su	8:00am- 9:00am
248446	5-17yrs	1 Class	\$30	11/24	Su	8:00am- 9:00am

Facility Features

- PGA certified instructors
- 40 tee boxes
- Sand trap training area
Practice your bunker game and hit balls onto the range
- Synthetic turf putting green
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- 4 MEGSA stations
- Updated clubhouse with restroom and Direct TV



Great Prices

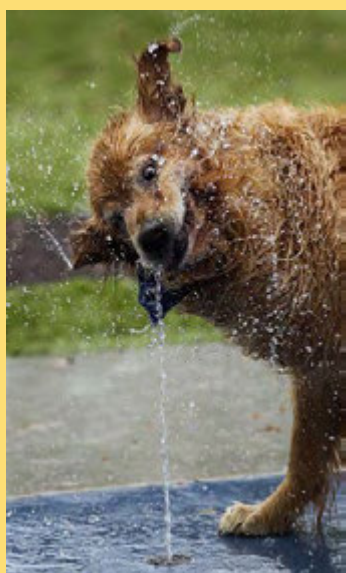
Get this year's range balls and discount cards at last year's prices. Visit our website for **Range Ball Discount Cards** (save up to 40%!)

Great Specials

- **Early Bird Special**
*Half-price buckets of balls
Saturdays and Sundays, 7-9am*
- **Lunch Special**
*Half-price buckets of balls
Monday-Friday, 11am-1pm*

Pooch PARTY!

at South Germantown Splash Playground



**Saturday, September 7,
10am-4pm**

Bring your well-behaved pooches and let them splash off-leash while you catch some end-of-summer rays and chat with other dog owners on the sidelines. \$5 per dog; no fee for owners. Raindate Sunday, September 8.



www.SplashandGolf.com

South Germantown DRIVING RANGE HOURS

September 1 - November 30*

Monday-Friday	11am-9pm
Saturday & Sunday	8am-10pm

December 1 - December 30*

Monday-Friday	11am-5pm
Saturday	10am-8pm
Sunday	10am-5pm

* Closed Thursday, November 28
and Wednesday, December 25

Hours are weather-dependent; please call or visit www.SGDrivingRange.com for schedule changes.



Pauline Betz Addie Tennis Center
at Cabin John Regional Park
 7801 Democracy Blvd.
 Bethesda, MD 20817
 301-765-8650
 www.CabinJohnTennis.com



Wheaton Indoor Tennis
 Wheaton Regional Park
 11715 Orebaugh Avenue
 Wheaton, MD 20902
 301-905-3030
 www.WheatonTennis.com



USTA 10 and Under Tennis



This ground-breaking new program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis... and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts that are sized right for kids so they

learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's real tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!). All equipment is provided in the course fee.

All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit www.10andUnderTennis.com, and sign up today!

USTA 10 and Under Tennis: AGES 4-6

Pauline Betz Addie Tennis / Cabin John

242636	4-6yrs	6 Classes	\$132	9/7	Sa	9:00am-10:00am
242637	4-6yrs	6 Classes	\$132	9/7	Sa	10:00am-11:00am
242643	4-6yrs	6 Classes	\$132	9/8	Su	11:00am-12:00pm
242651	4-6yrs	6 Classes	\$132	9/9	M	4:00pm- 5:00pm
242652	4-6yrs	6 Classes	\$132	9/10	Tu	4:00pm- 5:00pm
243458	4-6yrs	6 Classes	\$132	10/20	Su	11:00am-12:00pm
242752	4-6yrs	6 Classes	\$132	10/21	M	4:00pm- 5:00pm
242949	4-6yrs	6 Classes	\$132	10/22	Tu	4:00pm- 5:00pm
243201	4-6yrs	6 Classes	\$132	10/26	Sa	9:00am-10:00am
243202	4-6yrs	6 Classes	\$132	10/26	Sa	10:00am-11:00am

Wheaton Indoor Tennis

245741	4-6yrs	6 Classes	\$108	9/6	F	5:00pm- 6:00pm
245742	4-6yrs	6 Classes	\$108	9/7	Sa	9:00am-10:00am
245743	4-6yrs	6 Classes	\$108	9/7	Sa	10:00am-11:00am
245744	4-6yrs	6 Classes	\$108	9/7	Sa	1:00pm- 2:00pm
245745	4-6yrs	6 Classes	\$108	9/8	Su	10:00am-11:00am
245746	4-6yrs	6 Classes	\$108	9/9	M	5:00pm- 6:00pm
245747	4-6yrs	6 Classes	\$108	9/10	Tu	4:00pm- 5:00pm
245748	4-6yrs	6 Classes	\$108	9/11	W	4:00pm- 5:00pm
245740	4-6yrs	6 Classes	\$108	9/12	Th	5:00pm- 6:00pm
245749	4-8yrs	6 Classes	\$108	10/20	Su	10:00am-11:00am
245750	4-6yrs	6 Classes	\$108	10/21	M	5:00pm- 6:00pm
245751	4-6yrs	6 Classes	\$108	10/22	Tu	4:00pm- 5:00pm
245752	4-6yrs	6 Classes	\$108	10/23	W	4:00pm- 5:00pm
245753	4-6yrs	6 Classes	\$108	10/24	Th	5:00pm- 6:00pm
245754	4-6yrs	6 Classes	\$108	10/25	F	4:00pm- 5:00pm
245755	4-6yrs	6 Classes	\$108	10/26	Sa	9:00am-10:00am
245756	4-6yrs	6 Classes	\$108	10/26	Sa	10:00am-11:00am
245757	4-6yrs	6 Classes	\$108	10/26	Sa	1:00pm- 2:00pm

USTA 10 and Under Tennis: AGES 7-10

Pauline Betz Addie Tennis / Cabin John

242654	7-10yrs	6 Classes	\$132	9/7	Sa	9:00am-10:00am
242665	7-10yrs	6 Classes	\$132	9/7	Sa	11:00am-12:00pm
242655	7-10yrs	6 Classes	\$132	9/7	Sa	12:00pm- 1:00pm
242671	7-10yrs	6 Classes	\$132	9/8	Su	12:00pm- 1:00pm
242670	7-10yrs	6 Classes	\$132	9/8	Su	2:00pm- 3:00pm
242669	7-10yrs	6 Classes	\$132	9/8	Su	3:00pm- 4:00pm
242672	7-10yrs	6 Classes	\$132	9/9	M	5:00pm- 6:00pm
242664	7-10yrs	6 Classes	\$132	9/10	Tu	5:00pm- 6:00pm
242653	7-10yrs	6 Classes	\$132	9/12	Th	5:00pm- 6:00pm
243461	7-10yrs	6 Classes	\$132	10/20	Su	12:00pm- 1:00pm
243503	7-10yrs	6 Classes	\$132	10/20	Su	2:00pm- 3:00pm
243504	7-10yrs	6 Classes	\$132	10/20	Su	3:00pm- 4:00pm
242853	7-10yrs	6 Classes	\$132	10/21	M	5:00pm- 6:00pm
242950	7-10yrs	6 Classes	\$132	10/22	Tu	5:00pm- 6:00pm
243099	7-10yrs	6 Classes	\$132	10/24	Th	5:00pm- 6:00pm
243200	7-10yrs	6 Classes	\$132	10/26	Sa	9:00am-10:00am
243203	7-10yrs	6 Classes	\$132	10/26	Sa	11:00am-12:00pm
243208	7-10yrs	6 Classes	\$132	10/26	Sa	12:00pm- 1:00pm

Wheaton Indoor Tennis

245760	7-10yrs	6 Classes	\$108	9/6	F	4:00pm- 5:00pm
245758	7-10yrs	6 Classes	\$108	9/7	Sa	9:00am-10:00am
245772	7-10yrs	6 Classes	\$108	9/7	Sa	12:00pm- 1:00pm
245769	7-10yrs	6 Classes	\$108	9/8	Su	11:00am-12:00pm
245770	7-10yrs	6 Classes	\$108	9/8	Su	12:00pm- 1:00pm
245799	7-10yrs	6 Classes	\$108	9/8	Su	3:00pm- 4:00pm
245766	7-10yrs	6 Classes	\$108	9/10	Tu	4:00pm- 5:00pm
245759	7-10yrs	6 Classes	\$108	9/12	Th	4:00pm- 5:00pm
245764	7-10yrs	6 Classes	\$108	10/20	Su	11:00am-12:00pm
245771	7-10yrs	6 Classes	\$108	10/20	Su	12:00pm- 1:00pm
245765	7-10yrs	6 Classes	\$108	10/20	Su	3:00pm- 4:00pm
245767	7-10yrs	6 Classes	\$108	10/22	Tu	4:00pm- 5:00pm
245762	7-10yrs	6 Classes	\$108	10/24	Th	4:00pm- 5:00pm
245763	7-10yrs	6 Classes	\$108	10/25	F	5:00pm- 6:00pm
245761	7-10yrs	6 Classes	\$108	10/26	Sa	9:00am-10:00am
245773	7-10yrs	6 Classes	\$108	10/26	Sa	12:00pm- 1:00pm

Classes marked with a globe are taught in four languages: English, Spanish, German & French.

**INDOOR
Tennis
REGISTRATION
opens**

AUG. 18/19*

for all **FALL 1**
INDOOR lessons
and

OCT. 11/12*

for all **FALL 2**
INDOOR lessons

*First registration date listed above is for Montgomery County residents; second date is open to all.



Parent & Child Tennis

Bring your 5-8 year-old child and have fun learning fundamental tennis skills together! We'll teach Beginner/ Beginner Plus level skills and drills that can be continued outside of class. *Fee covers one adult and one child; please register the child only.*

Pauline Betz Addie Tennis / Cabin John

242600	5-8yrs	6 Classes	\$144	9/6	F	5:00pm- 6:00pm
242597	5-8yrs	6 Classes	\$144	9/7	Sa	9:00am-10:00am
242595	5-8yrs	6 Classes	\$144	9/10	Tu	6:00pm- 7:00pm
242596	5-8yrs	6 Classes	\$144	9/11	W	5:00pm- 6:00pm
242951	5-8yrs	6 Classes	\$144	10/22	Tu	6:00pm- 7:00pm
243051	5-8yrs	6 Classes	\$144	10/23	W	5:00pm- 6:00pm
243110	5-8yrs	6 Classes	\$144	10/25	F	5:00pm- 6:00pm
243199	5-8yrs	6 Classes	\$144	10/26	Sa	9:00am-10:00am

Wheaton Indoor Tennis

245655	5-8yrs	6 Classes	\$126	9/7	Sa	11:00am-12:00pm
245657	5-8yrs	6 Classes	\$126	9/7	Sa	12:00pm- 1:00pm
245663	5-8yrs	6 Classes	\$126	9/8	Su	10:00am-11:00am
245659	5-8yrs	6 Classes	\$126	9/8	Su	2:00pm- 3:00pm
245661	5-8yrs	6 Classes	\$126	9/10	Tu	6:00pm- 7:00pm
245653	5-8yrs	6 Classes	\$126	9/12	Th	6:00pm- 7:00pm
245664	5-8yrs	6 Classes	\$126	10/20	Su	10:00am-11:00am
245660	5-8yrs	6 Classes	\$126	10/20	Su	2:00pm- 3:00pm
245662	5-8yrs	6 Classes	\$126	10/22	Tu	6:00pm- 7:00pm
245654	5-8yrs	6 Classes	\$126	10/24	Th	6:00pm- 7:00pm
245656	5-8yrs	6 Classes	\$126	10/26	Sa	11:00am-12:00pm
245658	5-8yrs	6 Classes	\$126	10/26	Sa	12:00pm- 1:00pm



Parent & Pre-Teen Tennis

For parents and their 9-12 year-old children. Have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. *Fee covers one adult and one child; please register the child only.*

Wheaton Indoor Tennis

245667	9-12yrs	6 Classes	\$126	9/7	Sa	11:00am-12:00pm
245675	9-12yrs	6 Classes	\$126	9/8	Su	9:00am-10:00am
245671	9-12yrs	6 Classes	\$126	9/8	Su	2:00pm- 3:00pm
245673	9-12yrs	6 Classes	\$126	9/10	Tu	6:00pm- 7:00pm
245665	9-12yrs	6 Classes	\$126	9/12	Th	6:00pm- 7:00pm
245676	9-12yrs	6 Classes	\$126	10/20	Su	9:00am-10:00am
245672	9-12yrs	6 Classes	\$126	10/20	Su	2:00pm- 3:00pm
245674	9-12yrs	6 Classes	\$126	10/22	Tu	6:00pm- 7:00pm
245666	9-12yrs	6 Classes	\$126	10/24	Th	6:00pm- 7:00pm
245668	9-12yrs	6 Classes	\$126	10/26	Sa	11:00am-12:00pm

Classes marked with a globe are taught in four languages: English, Spanish, German & French

Beginner Tennis

These classes are designed for students who have never played tennis. You'll learn warm-up exercises; how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

Beginner Tennis, USTA

For pre-teen beginners, we've taken the exciting "10 and Under Tennis" program and adapted it for kids age 11-13. The difference between this and other beginning tennis programs? Everything is right-sized for the age group: racquets are lighter and smaller, balls are less bouncy and easier to hit, and courts are smaller (but proportionate) than adult courts. The benefits are immediate—within an hour kids are rallying, having fun and psyched for more. They're playing real tennis and having real fun.

Pauline Betz Addie Tennis / Cabin John

242498	11-13yrs	6 Classes	\$132	9/11	W	7:00pm- 8:00pm
242499	11-13yrs	6 Classes	\$132	9/12	Th	6:00pm- 7:00pm
243058	11-13yrs	6 Classes	\$132	10/23	W	7:00pm- 8:00pm
243102	11-13yrs	6 Classes	\$132	10/24	Th	6:00pm- 7:00pm

Wheaton Indoor Tennis

244549	11-13yrs	6 Classes	\$108	9/7	Sa	1:00pm- 2:00pm
244551	11-13yrs	6 Classes	\$108	9/11	W	5:00pm- 6:00pm
244550	11-13yrs	6 Classes	\$108	10/23	W	5:00pm- 6:00pm
244552	11-13yrs	6 Classes	\$108	10/26	Sa	1:00pm- 2:00pm

Beginner Tennis, TEEN

Pauline Betz Addie Tennis / Cabin John

242492	13-17yrs	6 Classes	\$132	9/8	Su	12:00pm- 1:00pm
243462	13-17yrs	6 Classes	\$132	10/20	Su	12:00pm- 1:00pm

Wheaton Indoor Tennis

244505	13-17yrs	6 Classes	\$108	9/6	F	6:00pm- 7:00pm
244507	13-17yrs	6 Classes	\$108	9/7	Sa	10:00am-11:00am
244509	13-17yrs	6 Classes	\$108	9/8	Su	1:00pm- 2:00pm
244511	13-17yrs	6 Classes	\$108	9/11	W	6:00pm- 7:00pm
244510	13-17yrs	6 Classes	\$108	10/20	Su	1:00pm- 2:00pm
244512	13-17yrs	6 Classes	\$108	10/23	W	6:00pm- 7:00pm
244506	13-17yrs	6 Classes	\$108	10/25	F	6:00pm- 7:00pm
244508	13-17yrs	6 Classes	\$108	10/26	Sa	10:00am-11:00am

Beginner Tennis, ADULT

Pauline Betz Addie Tennis / Cabin John

242481	18 & up	6 Classes	\$132	9/8	Su	11:00am-12:00pm
242491	18 & up	6 Classes	\$132	9/9	M	6:00pm- 7:00pm
242490	18 & up	6 Classes	\$132	9/10	Tu	11:00am-12:00pm
242480	18 & up	6 Classes	\$132	9/10	Tu	7:00pm- 8:00pm
243460	18 & up	6 Classes	\$132	10/20	Su	11:00am-12:00pm
242854	18 & up	6 Classes	\$132	10/21	M	6:00pm- 7:00pm
242899	18 & up	6 Classes	\$132	10/22	Tu	11:00am-12:00pm
242960	18 & up	6 Classes	\$132	10/22	Tu	7:00pm- 8:00pm

Wheaton Indoor Tennis

244465	18 & up	6 Classes	\$108	9/6	F	9:00am-10:00am
244459	18 & up	6 Classes	\$108	9/7	Sa	10:00am-11:00am
244461	18 & up	6 Classes	\$108	9/7	Sa	2:00pm- 3:00pm
244463	18 & up	6 Classes	\$108	9/8	Su	11:00am-12:00pm
244471	18 & up	6 Classes	\$108	9/8	Su	4:00pm- 5:00pm
244475	18 & up	6 Classes	\$108	9/9	M	10:00am-11:00am
244467	18 & up	6 Classes	\$108	9/9	M	7:00pm- 8:00pm
244469	18 & up	6 Classes	\$108	9/10	Tu	8:00pm- 9:00pm

Beginner Tennis, ADULT

Wheaton Indoor Tennis (cont.)

244473	18 & up	6 Classes	\$108	9/11	W	7:00pm- 8:00pm
244457	18 & up	6 Classes	\$108	9/12	Th	11:00am-12:00pm
244464	18 & up	6 Classes	\$108	10/20	Su	11:00am-12:00pm
244472	18 & up	6 Classes	\$108	10/20	Su	4:00pm- 5:00pm
244476	18 & up	6 Classes	\$108	10/21	M	10:00am-11:00am
244468	18 & up	6 Classes	\$108	10/21	M	7:00pm- 8:00pm
244470	18 & up	6 Classes	\$108	10/22	Tu	8:00pm- 9:00pm
244474	18 & up	6 Classes	\$108	10/23	W	7:00pm- 8:00pm
244458	18 & up	6 Classes	\$108	10/24	Th	11:00am-12:00pm
244466	18 & up	6 Classes	\$108	10/25	F	9:00am-10:00am
244460	18 & up	6 Classes	\$108	10/26	Sa	10:00am-11:00am
244462	18 & up	6 Classes	\$108	10/26	Sa	2:00pm- 3:00pm

Class taught in English, Spanish, German & French.

Beginner Tennis, SENIOR

Designed for adults age 55 and older who have never played tennis or have had minimal instruction. Your instructor will go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable.

Wheaton Indoor Tennis

244501	55 & up	6 Classes	\$108	9/9	M	6:00pm- 7:00pm
244503	55 & up	6 Classes	\$108	9/10	Tu	9:00am-10:00am
244499	55 & up	6 Classes	\$108	9/12	Th	10:00am-11:00am
244502	55 & up	6 Classes	\$108	10/21	M	6:00pm- 7:00pm
244504	55 & up	6 Classes	\$108	10/22	Tu	9:00am-10:00am
244500	55 & up	6 Classes	\$108	10/24	Th	10:00am-11:00am

Intermediate Tennis @Wheaton

In Intermediate courses at Wheaton Indoor Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Intermediate, YOUTH

Wheaton Indoor Tennis

245194	5-8yrs	6 Classes	\$108	9/6	F	4:00pm- 5:00pm
245196	5-8yrs	6 Classes	\$108	9/8	Su	3:00pm- 4:00pm
245192	5-8yrs	6 Classes	\$108	9/11	W	4:00pm- 5:00pm
245197	5-8yrs	6 Classes	\$108	10/20	Su	3:00pm- 4:00pm
245193	5-8yrs	6 Classes	\$108	10/23	W	4:00pm- 5:00pm
245195	5-8yrs	6 Classes	\$108	10/25	F	4:00pm- 5:00pm

Intermediate, PRE-TEEN

Wheaton Indoor Tennis

245152	9-12yrs	6 Classes	\$108	9/6	F	5:00pm- 6:00pm
245158	9-12yrs	6 Classes	\$108	9/7	Sa	2:00pm- 3:00pm
245154	9-12yrs	6 Classes	\$108	9/11	W	5:00pm- 6:00pm
245155	9-12yrs	6 Classes	\$108	10/23	W	5:00pm- 6:00pm
245153	9-12yrs	6 Classes	\$108	10/25	F	5:00pm- 6:00pm
245159	9-12yrs	6 Classes	\$108	10/26	Sa	2:00pm- 3:00pm

Intermediate, TEEN

Wheaton Indoor Tennis

245181	13-17yrs	6 Classes	\$108	9/6	F	6:00pm- 7:00pm
245183	13-17yrs	6 Classes	\$108	9/7	Sa	12:00pm- 1:00pm
245189	13-17yrs	6 Classes	\$108	9/7	Sa	1:00pm- 2:00pm
245185	13-17yrs	6 Classes	\$108	9/8	Su	4:00pm- 5:00pm
245187	13-17yrs	6 Classes	\$108	9/11	W	6:00pm- 7:00pm
245186	13-17yrs	6 Classes	\$108	10/20	Su	4:00pm- 5:00pm
245188	13-17yrs	6 Classes	\$108	10/23	W	6:00pm- 7:00pm
245182	13-17yrs	6 Classes	\$108	10/25	F	6:00pm- 7:00pm
245184	13-17yrs	6 Classes	\$108	10/26	Sa	12:00pm- 1:00pm
245190	13-17yrs	6 Classes	\$108	10/26	Sa	1:00pm- 2:00pm

Intermediate, ADULT

Wheaton Indoor Tennis

244601	18 & up	6 Classes	\$108	9/6	F	10:00am-11:00am
244603	18 & up	6 Classes	\$108	9/7	Sa	11:00am-12:00pm
244606	18 & up	6 Classes	\$108	9/8	Su	12:00pm- 1:00pm
244608	18 & up	6 Classes	\$108	9/9	M	11:00am-12:00pm
244610	18 & up	6 Classes	\$108	9/9	M	8:00pm- 9:00pm
244612	18 & up	6 Classes	\$108	9/10	Tu	7:00pm- 8:00pm
244614	18 & up	6 Classes	\$108	9/11	W	9:00am-10:00am
244616	18 & up	6 Classes	\$108	9/11	W	8:00pm- 9:00pm
244599	18 & up	6 Classes	\$108	9/12	Th	8:00pm- 9:00pm
244607	18 & up	6 Classes	\$108	10/20	Su	12:00pm- 1:00pm
244609	18 & up	6 Classes	\$108	10/21	M	11:00am-12:00pm
244611	18 & up	6 Classes	\$108	10/21	M	8:00pm- 9:00pm
244613	18 & up	6 Classes	\$108	10/22	Tu	7:00pm- 8:00pm
244615	18 & up	6 Classes	\$108	10/23	W	9:00am-10:00am
244617	18 & up	6 Classes	\$108	10/23	W	8:00pm- 9:00pm
244600	18 & up	6 Classes	\$108	10/24	Th	8:00pm- 9:00pm
244602	18 & up	6 Classes	\$108	10/25	F	10:00am-11:00am
244604	18 & up	6 Classes	\$108	10/26	Sa	11:00am-12:00pm

Intermediate, SENIOR

Wheaton Indoor Tennis

245177	55 & up	6 Classes	\$108	9/9	M	6:00pm- 7:00pm
245175	55 & up	6 Classes	\$108	9/11	W	10:00am-11:00am
245179	55 & up	6 Classes	\$108	9/12	Th	7:00pm- 8:00pm
245178	55 & up	6 Classes	\$108	10/21	M	6:00pm- 7:00pm
245176	55 & up	6 Classes	\$108	10/23	W	10:00am-11:00am
245180	55 & up	6 Classes	\$108	10/24	Th	7:00pm- 8:00pm

First Intermediate Tennis @ Pauline Betz Addie

First Intermediate students at Pauline Betz Addie (PBA) will learn how the game of tennis is played, how to keep score, and the difference between doubles and singles. We'll work on service returns and approach shots, and continue to work on stroke development (hip and shoulder rotation, proper racquet positioning, and low-to-high, high-to-low and level swing planes) and consistency.

First Intermediate, YOUTH

Pauline Betz Addie Tennis / Cabin John

242561	5-8yrs	6 Classes	\$132	9/7	Sa	2:00pm- 3:00pm
242559	5-8yrs	6 Classes	\$132	9/10	Tu	4:00pm- 5:00pm
242560	5-8yrs	6 Classes	\$132	9/12	Th	5:00pm- 6:00pm
242954	5-8yrs	6 Classes	\$132	10/22	Tu	4:00pm- 5:00pm
243100	5-8yrs	6 Classes	\$132	10/24	Th	5:00pm- 6:00pm
243215	5-8yrs	5 Classes	\$110	10/26	Sa	2:00pm- 3:00pm



INDOOR TENNIS FACILITY HOURS

and dates to note

SUMMER HOURS

through August 31

Pauline Betz Addie

Mon.-Fri. 6am-11pm
Sat. & Sun. 6am-8pm

Wheaton Tennis

Mon.-Fri. 8am-11pm
Sat. & Sun. 8am-10pm

Pauline Betz Addie closed

August 19-25

for annual maintenance

Wheaton Tennis closed

August 26-September 1

for annual maintenance

FALL HOURS begin September 1

Pauline Betz Addie

Mon.-Fri. 6am-12pm
Sat. & Sun. 6am-11pm

Wheaton Tennis

Mon.-Fri. 8am-11pm
Saturday 8am-8pm
Sunday 8am-11pm

Both facilities closed

Monday, September 2
Labor Day

Thursday, November 28
Thanksgiving Day



First Intermediate, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

242546	9-12yrs	6 Classes	\$132	9/6	F	5:00pm- 6:00pm
242539	9-12yrs	6 Classes	\$132	9/7	Sa	12:00pm- 1:00pm
242547	9-12yrs	6 Classes	\$264	9/9	M	5:00pm- 7:00pm
242749	9-12yrs	6 Classes	\$264	10/21	M	5:00pm- 7:00pm
243109	9-12yrs	6 Classes	\$132	10/25	F	5:00pm- 6:00pm
243209	9-12yrs	6 Classes	\$132	10/26	Sa	12:00pm- 1:00pm

First Intermediate, TEEN

Pauline Betz Addie Tennis / Cabin John

242549	13-17yrs	6 Classes	\$132	9/6	F	6:00pm- 7:00pm
242550	13-17yrs	6 Classes	\$132	9/7	Sa	1:00pm- 2:00pm
242554	13-17yrs	6 Classes	\$132	9/8	Su	10:00am-11:00am
242548	13-17yrs	6 Classes	\$132	9/10	Tu	6:00pm- 7:00pm
243457	13-17yrs	6 Classes	\$132	10/20	Su	10:00am-11:00am
242956	13-17yrs	6 Classes	\$132	10/22	Tu	6:00pm- 7:00pm
243112	13-17yrs	6 Classes	\$132	10/25	F	6:00pm- 7:00pm
243213	13-17yrs	6 Classes	\$132	10/26	Sa	1:00pm- 2:00pm

First Intermediate, ADULT

Pauline Betz Addie Tennis / Cabin John

242532	18 & up	6 Classes	\$132	9/7	Sa	10:00am-11:00am
242537	18 & up	6 Classes	\$132	9/8	Su	12:00pm- 1:00pm
242531	18 & up	6 Classes	\$132	9/10	Tu	8:00pm- 9:00pm
242538	18 & up	6 Classes	\$132	9/11	W	6:00pm- 7:00pm
243499	18 & up	6 Classes	\$132	10/20	Su	12:00pm- 1:00pm
242961	18 & up	6 Classes	\$132	10/22	Tu	8:00pm- 9:00pm
243054	18 & up	6 Classes	\$132	10/23	W	6:00pm- 7:00pm
243204	18 & up	6 Classes	\$132	10/26	Sa	10:00am-11:00am

Second Intermediate Tennis @ Pauline Betz Addie

In Second Intermediate Tennis at Pauline Betz Addie (PBA), you'll learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Second Intermediate, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

242623	9-12yrs	6 Classes	\$264	9/6	F	5:00pm- 7:00pm
242614	9-12yrs	6 Classes	\$132	9/7	Sa	1:00pm- 2:00pm
242625	9-12yrs	6 Classes	\$132	9/9	M	5:00pm- 6:00pm
242624	9-12yrs	6 Classes	\$132	9/10	Tu	5:00pm- 6:00pm
242800	9-12yrs	6 Classes	\$132	10/21	M	5:00pm- 6:00pm
242955	9-12yrs	6 Classes	\$132	10/22	Tu	5:00pm- 6:00pm
243111	9-12yrs	6 Classes	\$264	10/25	F	5:00pm- 7:00pm
243212	9-12yrs	6 Classes	\$132	10/26	Sa	1:00pm- 2:00pm

Second Intermediate, TEEN

Pauline Betz Addie Tennis / Cabin John

242627	13-17yrs	6 Classes	\$132	9/8	Su	10:00am-11:00am
242634	13-17yrs	6 Classes	\$132	9/9	M	6:00pm- 7:00pm
242626	13-17yrs	6 Classes	\$132	9/12	Th	6:00pm- 7:00pm
243456	13-17yrs	6 Classes	\$132	10/20	Su	10:00am-11:00am
242849	13-17yrs	6 Classes	\$132	10/21	M	6:00pm- 7:00pm
243103	13-17yrs	6 Classes	\$132	10/24	Th	6:00pm- 7:00pm

Second Intermediate, ADULT

Pauline Betz Addie Tennis / Cabin John

242604	18 & up	6 Classes	\$132	9/7	Sa	11:00am-12:00pm
242609	18 & up	6 Classes	\$132	9/8	Su	1:00pm- 2:00pm
242601	18 & up	6 Classes	\$132	9/11	W	11:00am-12:00pm
242602	18 & up	6 Classes	\$132	9/11	W	6:00pm- 7:00pm
242603	18 & up	6 Classes	\$132	9/12	Th	7:00pm- 8:00pm
243502	18 & up	6 Classes	\$132	10/20	Su	1:00pm- 2:00pm
243049	18 & up	6 Classes	\$132	10/23	W	11:00am-12:00pm
243055	18 & up	6 Classes	\$132	10/23	W	6:00pm- 7:00pm
243107	18 & up	6 Classes	\$132	10/24	Th	7:00pm- 8:00pm
243206	18 & up	6 Classes	\$132	10/26	Sa	11:00am-12:00pm

Advanced Tennis

Prerequisite: Mastery of Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Advanced, YOUTH

Pauline Betz Addie Tennis / Cabin John

242477	5-8yrs	6 Classes	\$144	9/7	Sa	3:00pm- 4:00pm
242478	5-8yrs	6 Classes	\$144	9/8	Su	1:00pm- 2:00pm
242475	5-8yrs	6 Classes	\$144	9/10	Tu	5:00pm- 6:00pm
242476	5-8yrs	6 Classes	\$144	9/12	Th	5:00pm- 6:00pm
243500	5-8yrs	6 Classes	\$144	10/20	Su	1:00pm- 2:00pm
242957	5-8yrs	6 Classes	\$144	10/22	Tu	5:00pm- 6:00pm
243101	5-8yrs	6 Classes	\$144	10/24	Th	5:00pm- 6:00pm
243218	5-8yrs	5 Classes	\$120	10/26	Sa	3:00pm- 4:00pm

Wheaton Indoor Tennis

245800	5-8yrs	6 Classes	\$120	9/8	Su	9:00am-10:00am
245801	5-8yrs	6 Classes	\$120	10/20	Su	9:00am-10:00am

Advanced, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

242465	9-12yrs	6 Classes	\$144	9/7	Sa	1:00pm- 2:00pm
242464	9-12yrs	6 Classes	\$144	9/11	W	5:00pm- 6:00pm
243052	9-12yrs	6 Classes	\$144	10/23	W	5:00pm- 6:00pm
243214	9-12yrs	6 Classes	\$144	10/26	Sa	1:00pm- 2:00pm

Wheaton Indoor Tennis

244449	9-12yrs	6 Classes	\$120	9/10	Tu	5:00pm- 6:00pm
244451	9-12yrs	6 Classes	\$120	9/12	Th	5:00pm- 6:00pm
244450	9-12yrs	6 Classes	\$120	10/22	Tu	5:00pm- 6:00pm
244452	9-12yrs	6 Classes	\$120	10/24	Th	5:00pm- 6:00pm

Advanced, TEEN

Pauline Betz Addie Tennis / Cabin John

242471	13-17yrs	6 Classes	\$144	9/7	Sa	2:00pm- 3:00pm
242469	13-17yrs	6 Classes	\$144	9/10	Tu	6:00pm- 7:00pm
242474	13-17yrs	6 Classes	\$144	9/11	W	5:00pm- 6:00pm
242958	13-17yrs	6 Classes	\$144	10/22	Tu	6:00pm- 7:00pm
243053	13-17yrs	6 Classes	\$144	10/23	W	5:00pm- 6:00pm
243217	13-17yrs	5 Classes	\$120	10/26	Sa	2:00pm- 3:00pm



Advanced, TEEN (cont.)

Wheaton Indoor Tennis

244453	13-17yrs	6 Classes	\$120	9/8	Su	5:00pm- 6:00pm
244455	13-17yrs	6 Classes	\$120	9/10	Tu	5:00pm- 6:00pm
244454	13-17yrs	6 Classes	\$120	10/20	Su	5:00pm- 6:00pm
244456	13-17yrs	6 Classes	\$120	10/22	Tu	5:00pm- 6:00pm

Advanced, ADULT

Pauline Betz Addie Tennis / Cabin John

242461	18 & up	6 Classes	\$144	9/6	F	7:00pm- 9:00pm
242451	18 & up	6 Classes	\$144	9/10	Tu	1:00pm- 2:00pm
242463	18 & up	6 Classes	\$144	9/11	W	7:00pm- 8:00pm
242462	18 & up	6 Classes	\$144	9/12	Th	6:00pm- 7:00pm
242962	18 & up	6 Classes	\$144	10/22	Tu	1:00pm- 2:00pm
243059	18 & up	6 Classes	\$144	10/23	W	7:00pm- 8:00pm
243104	18 & up	6 Classes	\$144	10/24	Th	6:00pm- 7:00pm
243117	18 & up	6 Classes	\$144	10/25	F	7:00pm- 9:00pm

Wheaton Indoor Tennis

244399	18 & up	6 Classes	\$120	9/6	F	11:00am-12:00pm
244407	18 & up	6 Classes	\$120	9/8	Su	5:00pm- 6:00pm
244401	18 & up	6 Classes	\$120	9/9	M	9:00am-10:00am
244403	18 & up	6 Classes	\$120	9/9	M	7:00pm- 8:00pm
244405	18 & up	6 Classes	\$120	9/11	W	7:00pm- 8:00pm
245802	18 & up	6 Classes	\$120	9/12	Th	7:00pm- 8:00pm
244408	18 & up	6 Classes	\$120	10/20	Su	5:00pm- 6:00pm
244402	18 & up	6 Classes	\$120	10/21	M	9:00am-10:00am
244404	18 & up	6 Classes	\$120	10/21	M	7:00pm- 8:00pm
244406	18 & up	6 Classes	\$120	10/23	W	7:00pm- 8:00pm
245803	18 & up	6 Classes	\$120	10/24	Th	7:00pm- 8:00pm
244400	18 & up	6 Classes	\$120	10/25	F	11:00am-12:00pm

Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help your children develop tennis and athletic skills, and improve their overall health and fitness.

Wheaton Indoor Tennis

245205	6-12yrs	6 Classes	\$120	9/9	M	5:00pm- 6:00pm
245206	6-12yrs	6 Classes	\$120	10/21	M	5:00pm- 6:00pm

Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis / Cabin John

242510	18 & up	6 Classes	\$144	9/6	F	6:00pm- 7:00pm
242511	18 & up	6 Classes	\$144	9/7	Sa	10:00am-11:00am
242512	18 & up	6 Classes	\$144	9/7	Sa	2:00pm- 3:00pm
242513	18 & up	6 Classes	\$144	9/7	Sa	3:00pm- 4:00pm
242514	18 & up	6 Classes	\$144	9/8	Su	11:00am-12:00pm
242515	18 & up	6 Classes	\$144	9/8	Su	1:00pm- 2:00pm
242530	18 & up	6 Classes	\$144	9/9	M	12:00pm- 1:00pm
242528	18 & up	6 Classes	\$144	9/9	M	7:00pm- 8:00pm
242527	18 & up	6 Classes	\$144	9/10	Tu	7:00pm- 8:00pm
242508	18 & up	6 Classes	\$144	9/11	W	10:00am-11:00am

Cardio Tennis Pauline Betz Addie (cont.)

242509	18 & up	6 Classes	\$144	9/11	W	6:00pm- 7:00pm
242526	18 & up	6 Classes	\$144	9/12	Th	7:00pm- 8:00pm
243459	18 & up	6 Classes	\$144	10/20	Su	11:00am-12:00pm
243501	18 & up	6 Classes	\$144	10/20	Su	1:00pm- 2:00pm
242751	18 & up	6 Classes	\$144	10/21	M	12:00pm- 1:00pm
242850	18 & up	6 Classes	\$144	10/21	M	7:00pm- 8:00pm
242959	18 & up	6 Classes	\$144	10/22	Tu	7:00pm- 8:00pm
242999	18 & up	6 Classes	\$144	10/23	W	10:00am-11:00am
243056	18 & up	6 Classes	\$144	10/23	W	6:00pm- 7:00pm
243106	18 & up	6 Classes	\$144	10/24	Th	7:00pm- 8:00pm
243113	18 & up	6 Classes	\$144	10/25	F	6:00pm- 7:00pm
243205	18 & up	6 Classes	\$144	10/26	Sa	10:00am-11:00am
243216	18 & up	5 Classes	\$120	10/26	Sa	2:00pm- 3:00pm
243219	18 & up	5 Classes	\$120	10/26	Sa	3:00pm- 4:00pm

Wheaton Indoor Tennis

244555	18 & up	6 Classes	\$120	9/7	Sa	9:00am-10:00am
244563	18 & up	6 Classes	\$120	9/8	Su	1:00pm- 2:00pm
244559	18 & up	6 Classes	\$120	9/9	M	8:00pm- 9:00pm
244557	18 & up	6 Classes	\$120	9/10	Tu	10:00am-11:00am
244561	18 & up	6 Classes	\$120	9/10	Tu	7:00pm- 8:00pm
244553	18 & up	6 Classes	\$120	9/12	Th	9:00am-10:00am
244564	18 & up	6 Classes	\$120	10/20	Su	1:00pm- 2:00pm
244560	18 & up	6 Classes	\$120	10/21	M	8:00pm- 9:00pm
244558	18 & up	6 Classes	\$120	10/22	Tu	10:00am-11:00am
244562	18 & up	6 Classes	\$120	10/22	Tu	7:00pm- 8:00pm
244554	18 & up	6 Classes	\$120	10/24	Th	9:00am-10:00am
244556	18 & up	6 Classes	\$120	10/26	Sa	9:00am-10:00am

Junior Advanced Drill Play

Prerequisite: Evaluation by instructor

This class was especially designed for players age 9-13 who have the energy and enthusiasm of advanced older players, but aren't quite ready for sustained interaction with High School level team players. We'll cover the same skills and drills format covered at the "Advanced" level, plus strength and endurance training and transitional phase play.

Pauline Betz Addie Tennis / Cabin John

243450	9-13yrs	6 Classes	\$288	9/7	Sa	5:00pm- 7:00pm
243451	9-13yrs	6 Classes	\$288	9/7	Sa	5:00pm- 7:00pm
243452	9-13yrs	6 Classes	\$288	9/7	Sa	5:00pm- 7:00pm
243453	9-13yrs	6 Classes	\$288	10/26	Sa	5:00pm- 7:00pm
243454	9-13yrs	6 Classes	\$288	10/26	Sa	5:00pm- 7:00pm
243455	9-13yrs	6 Classes	\$288	10/26	Sa	5:00pm- 7:00pm

Wheaton Indoor Tennis

246099	9-13yrs	6 Classes	\$240	9/11	W	5:00pm- 7:00pm
246100	9-13yrs	6 Classes	\$240	10/23	W	5:00pm- 7:00pm





Tennis Clinic: Men's Level 4.0 & Up Drill Play

Prerequisite: Evaluation by instructor

This advanced course for men at USTA Level 4.0 and above will feature drills covering transitional play, baseline hitting, volley and overhead smash; combined with rotating point and game play. Call 301-765-8650 for more information.

Pauline Betz Addie Tennis / Cabin John

242449	18 & up	6 Classes	\$288	9/11	W	8:00pm-10:00pm
243061	18 & up	6 Classes	\$288	10/23	W	8:00pm-10:00pm

Tennis Clinic: Women's Level 3.5 & Up Drill Play

Prerequisite- Evaluation by Instructor

This advanced course is for advanced woman at the USTA level 3.5 and above. It will cover transitional play, baseline hitting, volley and overhead smash, combined with rotating point and game play. Please call 301-765-8650 before registering.

Pauline Betz Addie Tennis / Cabin John

242699	18 & up	6 Classes	\$288	9/9	M	10:00am-12:00pm
242750	18 & up	6 Classes	\$288	10/21	M	10:00am-12:00pm

Stroke of the Day

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

Groundstrokes

Pauline Betz Addie Tennis / Cabin John

243505	18 & up	6 Classes	\$144	9/8	Su	2:00pm- 3:00pm
243506	18 & up	6 Classes	\$144	10/20	Su	2:00pm- 3:00pm

Netplay

Pauline Betz Addie Tennis / Cabin John

242635	18 & up	6 Classes	\$144	9/7	Sa	11:00am-12:00pm
243507	18 & up	6 Classes	\$144	9/8	Su	3:00pm- 4:00pm
243508	18 & up	6 Classes	\$144	10/20	Su	3:00pm- 4:00pm
243207	18 & up	6 Classes	\$144	10/26	Sa	11:00am-12:00pm

Serve and Return

Pauline Betz Addie Tennis / Cabin John

243210	18 & up	6 Classes	\$144	9/7	Sa	12:00pm- 1:00pm
243220	18 & up	6 Classes	\$144	9/7	Sa	3:00pm- 4:00pm
243211	18 & up	6 Classes	\$144	10/26	Sa	12:00pm- 1:00pm
243221	18 & up	5 Classes	\$120	10/26	Sa	3:00pm- 4:00pm

SPOT TIME Special

\$10

per hour for all spot time at both
Pauline Betz Addie Tennis Center
and **Wheaton Indoor Tennis**

Good thru August 31!

Matchplay Tennis

Prerequisite: Instructor review of student's level of play

Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about. For Matchplay Tennis at Pauline Betz Addie/Cabin John, email Gino.Tomasello@MontgomeryParks.org or call 301-765-8650. For play at Wheaton, email Justin.Reid@MontgomeryParks.org or call 301-905-3030.

Pauline Betz Addie Tennis / Cabin John

242585	18 & up	6 Classes	\$144	9/6	F	7:00pm- 8:00pm
242586	18 & up	6 Classes	\$144	9/6	F	8:00pm- 9:00pm
242574	18 & up	6 Classes	\$144	9/9	M	7:00pm- 8:00pm
242573	18 & up	6 Classes	\$144	9/9	M	8:00pm- 9:00pm
242594	18 & up	6 Classes	\$144	9/10	Tu	12:00pm- 1:00pm
242583	18 & up	6 Classes	\$144	9/10	Tu	7:00pm- 8:00pm
242582	18 & up	6 Classes	\$144	9/10	Tu	8:00pm- 9:00pm
242584	18 & up	6 Classes	\$144	9/11	W	12:00pm- 1:00pm
242575	18 & up	6 Classes	\$144	9/11	W	7:00pm- 8:00pm
242576	18 & up	6 Classes	\$144	9/11	W	8:00pm- 9:00pm
242577	18 & up	6 Classes	\$144	9/12	Th	7:00pm- 8:00pm
242578	18 & up	6 Classes	\$144	9/12	Th	8:00pm- 9:00pm
242852	18 & up	6 Classes	\$144	10/21	M	7:00pm- 8:00pm
242851	18 & up	6 Classes	\$144	10/21	M	8:00pm- 9:00pm
242900	18 & up	6 Classes	\$144	10/22	Tu	12:00pm- 1:00pm
242952	18 & up	6 Classes	\$144	10/22	Tu	7:00pm- 8:00pm
242953	18 & up	6 Classes	\$144	10/22	Tu	8:00pm- 9:00pm
243050	18 & up	6 Classes	\$144	10/23	W	12:00pm- 1:00pm
243057	18 & up	6 Classes	\$144	10/23	W	7:00pm- 8:00pm
243060	18 & up	6 Classes	\$144	10/23	W	8:00pm- 9:00pm
243105	18 & up	6 Classes	\$144	10/24	Th	7:00pm- 8:00pm
243108	18 & up	6 Classes	\$144	10/24	Th	8:00pm- 9:00pm
243115	18 & up	6 Classes	\$144	10/25	F	7:00pm- 8:00pm
243116	18 & up	6 Classes	\$144	10/25	F	8:00pm- 9:00pm

Wheaton Indoor Tennis

245651	18 & up	6 Classes	\$120	9/11	W	8:00pm- 9:00pm
245649	18 & up	6 Classes	\$120	9/12	Th	8:00pm- 9:00pm
245652	18 & up	6 Classes	\$120	10/23	W	8:00pm- 9:00pm
245650	18 & up	6 Classes	\$120	10/24	Th	8:00pm- 9:00pm



Round Robin Doubles

Test your tennis prowess, meet new people and have fun at Wheaton Indoor Tennis on Fridays and Saturdays! You'll play up to 3 pro sets (8 games per set; winners move up a court, losers move down a court) each night. No need to bring a partner; we'll match you up with a player of comparable skill. Round Robin Doubles are offered at two skill levels; please check the course to make sure you're registering for your skill level.



Level 3.0 and above

You play at least once a week and hit medium-paced shots consistently. You've found your strike zone, and can return most balls hit into your strike zone while standing still. Your first serves are good, but you'd like to increase their power. You'd like to work on different strokes, increased control, and better shot placement, depth and power.

Wheaton Indoor Tennis

245728	18 & up	1 Class	\$10	9/8	Su	7:00am- 9:00am
245729	18 & up	1 Class	\$10	9/22	Su	7:00am- 9:00am
245718	18 & up	1 Class	\$10	9/28	Sa	7:00am- 9:00am
245730	18 & up	1 Class	\$10	10/6	Su	7:00am- 9:00am
245719	18 & up	1 Class	\$10	10/12	Sa	7:00am- 9:00am
245731	18 & up	1 Class	\$10	10/20	Su	7:00am- 9:00am
245720	18 & up	1 Class	\$10	10/26	Sa	7:00am- 9:00am
245732	18 & up	1 Class	\$10	11/3	Su	7:00am- 9:00am
245721	18 & up	1 Class	\$10	11/9	Sa	7:00am- 9:00am
245733	18 & up	1 Class	\$10	11/17	Su	7:00am- 9:00am
245722	18 & up	1 Class	\$10	11/23	Sa	7:00am- 9:00am
245734	18 & up	1 Class	\$10	12/8	Su	7:00am- 9:00am

Level 3.5 and above

You play at least twice a week, exhibit a strong level of stroke dependability and direction on moderate shots, and want to improve the depth and variety of your shots. You know how to play the net aggressively and cover the court effectively, and have made progress in developing teamwork skills in doubles play. You also know how to maneuver the body and racquet to hit balls in the strike zone, aren't afraid to take chances, are beginning to develop pace and spin, and play a consistent game against others at your level of skill or slightly higher.

Wheaton Indoor Tennis

245707	18 & up	1 Class	\$10	9/7	Sa	7:00am- 9:00am
245709	18 & up	1 Class	\$10	9/15	Su	7:00am- 9:00am
245708	18 & up	1 Class	\$10	9/21	Sa	7:00am- 9:00am
245735	18 & up	1 Class	\$10	9/29	Su	7:00am- 9:00am
245723	18 & up	1 Class	\$10	10/5	Sa	7:00am- 9:00am
245736	18 & up	1 Class	\$10	10/13	Su	7:00am- 9:00am
245724	18 & up	1 Class	\$10	10/19	Sa	7:00am- 9:00am
245737	18 & up	1 Class	\$10	10/27	Su	7:00am- 9:00am
245725	18 & up	1 Class	\$10	11/2	Sa	7:00am- 9:00am
245738	18 & up	1 Class	\$10	11/10	Su	7:00am- 9:00am
245726	18 & up	1 Class	\$10	11/16	Sa	7:00am- 9:00am
245739	18 & up	1 Class	\$10	11/24	Su	7:00am- 9:00am
245727	18 & up	1 Class	\$10	12/7	Sa	7:00am- 9:00am

BRING US YOUR BROKEN RACQUETS

- We will **RESTRING** and/or **REGRIIP** your racquets at both indoor facilities
- Very reasonable rates
- Quick turnaround (one-two days)
- Ask for **Albert Lee** at Pauline Betz Addie (stringer at Wimbledon and the French, U.S., and Australian Open),
- Ask for **German Sanchez** at Wheaton Indoor Tennis

CUSTOM TENNIS CLASSES

Do you have friends, family members, classmates, or a church or scout group looking for a fun and healthy group activity? Tennis is excellent cardiovascular exercise and promotes good hand-eye coordination, balance and strength. Call us and we'll work together to create a custom tennis class just for you.

FOR MORE INFORMATION, PLEASE CONTACT

Wheaton Indoor Tennis
Justin.Reid@MontgomeryParks.org (301-905-3030)
Pauline Betz Addie in Cabin John
Gino.Tomasello@Montgomery.Parks.org (301-765-8652)



Cabin John Regional Park
10610 Westlake Drive
Rockville, MD 20852

Norwood Local Park
4700 Norwood Road
Bethesda, MD 20815

COURT LOCATIONS

Outdoor Tennis Lessons

Olney Manor Recreational Park
16601 Georgia Avenue
Olney, MD 20832

Wheaton Regional Park
11717 Orebaugh Avenue
Wheaton, MD 20902



**Bad weather
on your
lesson day?**

For outdoor lessons at *Norwood* and *Cabin John* courts, please call us at **301-765-8650**.

For outdoor lessons at *Wheaton* or *Olney* courts, please call **301-905-3030**.

USTA "10 and Under Tennis" is a wonderful new program that's changing the way kids 10 and under learn and play tennis. Basketball, soccer and baseball all modify their fields and equipment to fit younger players. But when it comes to tennis, we ask children to play on adult-sized courts with hard, high-flying balls and adult-sized racquets. 10 and Under Tennis uses the QuickStart play format and scales everything to kid-size, making tennis more fun right from the beginning.

The classes listed here are held outdoors; for indoor 10 and Under Tennis classes, see page 161. Visit www.10andUnderTennis.com for more information, and sign up today at www.ParkPASS.org.

...for Ages 4-6

Cabin John Regional Park

243917	4-6yrs	6 Classes	\$90	9/9	M	4:00pm- 5:00pm
43922	4-6yrs	6 Classes	\$90	9/11	W	4:00pm- 5:00pm

Norwood Local Park

243919	4-6yrs	6 Classes	\$90	9/7	Sa	10:00am-11:00am
244003	4-6yrs	6 Classes	\$90	9/9	M	4:00pm- 5:00pm

Olney Manor Recreational Park

243916	4-6yrs	6 Classes	\$90	9/9	M	4:00pm- 5:00pm
243921	4-6yrs	6 Classes	\$90	9/11	W	4:00pm- 5:00pm

Wheaton Regional Park

243918	4-6yrs	6 Classes	\$90	9/9	M	4:00pm- 5:00pm
243923	4-6yrs	6 Classes	\$90	9/11	W	4:00pm- 5:00pm

...for Ages 7-10

Cabin John Regional Park

244161	7-10yrs	6 Classes	\$90	9/7	Sa	9:00am-10:00am
243931	7-10yrs	6 Classes	\$90	9/10	Tu	4:00pm- 5:00pm
243932	7-10yrs	6 Classes	\$90	9/12	Th	4:00pm- 5:00pm

Norwood Local Park

243927	7-10yrs	6 Classes	\$90	9/7	Sa	11:00am-12:00pm
244000	7-10yrs	6 Classes	\$90	9/8	Su	11:00am-12:00pm
244004	7-10yrs	6 Classes	\$90	9/9	M	5:00pm- 6:00pm

Olney Manor Recreational Park

243924	7-10yrs	6 Classes	\$90	9/10	Tu	4:00pm- 5:00pm
243926	7-10yrs	6 Classes	\$90	9/12	Th	4:00pm- 5:00pm

Wheaton Regional Park

243929	7-10yrs	6 Classes	\$90	9/10	Tu	4:00pm- 5:00pm
243930	7-10yrs	6 Classes	\$90	9/12	Th	4:00pm- 5:00pm

Beginner Tennis (Outdoor)

These classes are designed for students who have never played tennis. You'll learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

Beginner, USTA (Outdoor)

Cabin John Regional Park

243857	11-13yrs	6 Classes	\$90	9/9	M	5:00pm- 6:00pm
243858	11-13yrs	6 Classes	\$90	9/11	W	5:00pm- 6:00pm

Norwood Local Park

243999	11-13yrs	6 Classes	\$90	9/7	Sa	12:00pm- 1:00pm
243859	11-13yrs	6 Classes	\$90	9/8	Su	12:00pm- 1:00pm

Olney Manor Recreational Park

243860	11-13yrs	6 Classes	\$90	9/9	M	5:00pm- 6:00pm
243861	11-13yrs	6 Classes	\$90	9/11	W	5:00pm- 6:00pm

Wheaton Regional Park

243862	11-13yrs	6 Classes	\$90	9/9	M	5:00pm- 6:00pm
243863	11-13yrs	6 Classes	\$90	9/11	W	5:00pm- 6:00pm

Beginner, TEEN (Outdoor)

Cabin John Regional Park

243853	13-17yrs	6 Classes	\$90	9/9	M	6:00pm- 7:00pm
243854	13-17yrs	6 Classes	\$90	9/11	W	6:00pm- 7:00pm

Olney Manor Recreational Park

243851	13-17yrs	6 Classes	\$90	9/9	M	6:00pm- 7:00pm
243852	13-17yrs	6 Classes	\$90	9/11	W	6:00pm- 7:00pm

Wheaton Regional Park

243855	13-17yrs	6 Classes	\$90	9/9	M	6:00pm- 7:00pm
243856	13-17yrs	6 Classes	\$90	9/11	W	6:00pm- 7:00pm

Beginner, ADULT (Outdoor)

Designed for adult players getting into tennis for the first time, or getting back into tennis after an extended break. Learn the proper tennis grips, basic stroke techniques, and tennis etiquette.

Norwood Local Park

243866	18 & up	6 Classes	\$90	9/8	Su	2:00pm- 3:00pm
244002	18 & up	6 Classes	\$90	9/9	M	11:00am-12:00pm
243865	18 & up	6 Classes	\$90	9/10	Tu	11:00am-12:00pm
244009	18 & up	6 Classes	\$90	9/12	Th	11:00am-12:00pm

**REGISTRATION
OPENS**

AUG. 18/19*

for all

**FALL
OUTDOOR
TENNIS**
lessons

*First registration date listed above is for Montgomery County residents; second date is open to all.

Intermediate Tennis (Outdoor)

Ideal for people playing at the 2.0-2.5 skill level of the USTA's National Tennis Rating System

In Intermediate Tennis, we'll begin to focus on strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, top-spins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net.

Cabin John Regional Park

243886	11-13yrs	6 Classes	\$90	9/6	F	5:00pm- 6:00pm
244049	11-13yrs	6 Classes	\$90	9/10	Tu	5:00pm- 6:00pm
243891	11-13yrs	6 Classes	\$90	9/12	Th	5:00pm- 6:00pm
243892	13-17yrs	6 Classes	\$90	9/10	Tu	6:00pm- 7:00pm
243893	13-17yrs	6 Classes	\$90	9/12	Th	6:00pm- 7:00pm

Norwood Local Park

243884	7-10yrs	6 Classes	\$90	9/6	F	4:00pm- 5:00pm
243902	18 & up	6 Classes	\$90	9/8	Su	3:00pm- 4:00pm
244006	18 & up	6 Classes	\$90	9/10	Tu	12:00pm- 1:00pm

Olney Manor Recreational Park

243887	11-13yrs	6 Classes	\$90	9/10	Tu	5:00pm- 6:00pm
243890	11-13yrs	6 Classes	\$90	9/12	Th	5:00pm- 6:00pm
243894	13-17yrs	6 Classes	\$90	9/10	Tu	6:00pm- 7:00pm
243895	13-17yrs	6 Classes	\$90	9/12	Th	6:00pm- 7:00pm

Wheaton Regional Park

243888	11-13yrs	6 Classes	\$90	9/10	Tu	5:00pm- 6:00pm
243889	11-13yrs	6 Classes	\$90	9/12	Th	5:00pm- 6:00pm
243896	13-17yrs	6 Classes	\$90	9/10	Tu	6:00pm- 7:00pm
243897	13-17yrs	6 Classes	\$90	9/12	Th	6:00pm- 7:00pm

2nd Intermediate Tennis (Outdoor)

Ideal for people playing at the 3.0-3.5 skill level of the USTA's National Tennis Rating System

Learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Cabin John Regional Park

243905	18 & up	6 Classes	\$90	9/7	Sa	10:00am-11:00am
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Norwood Local Park

244011	18 & up	6 Classes	\$90	9/6	F	12:00pm- 1:00pm
243906	18 & up	6 Classes	\$90	9/8	Su	4:00pm- 5:00pm
244005	18 & up	6 Classes	\$90	9/9	M	6:00pm- 7:00pm
244008	18 & up	6 Classes	\$90	9/11	W	12:00pm- 1:00pm

Advanced Tennis (Outdoor)

Prerequisite: Mastery of Intermediate level skills
Ideal for people playing at the 4.0 skill level of the USTA's National Tennis Rating System

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and

Advanced Tennis (Outdoor, cont.)

mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Advanced Tennis, TEEN (Outdoor)

Norwood Local Park

243849	12-17yrs	6 Classes	\$90	9/7	Sa	1:00pm- 2:00pm
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Advanced Tennis, ADULT (Outdoor)

Norwood Local Park

244007	18 & up	6 Classes	\$90	9/6	F	11:00am-12:00pm
243933	18 & up	6 Classes	\$90	9/11	W	11:00am-12:00pm

Cardio Tennis (Outdoor)

For players of all levels (beginner, intermediate, advanced). This is an aerobic activity which includes serves, volleys and overall tennis strategy.

Cabin John Regional Park

243878	18 & up	6 Classes	\$90	9/11	W	7:00pm- 8:00pm
244160	18 & up	6 Classes	\$90	9/12	Th	7:00pm- 8:00pm

Norwood Local Park

244012	18 & up	6 Classes	\$90	9/6	F	9:00am-10:00am
243875	18 & up	6 Classes	\$90	9/7	Sa	9:00am-10:00am
244001	18 & up	6 Classes	\$90	9/9	M	10:00am-11:00am
244010	18 & up	6 Classes	\$90	9/12	Th	12:00pm- 1:00pm

Olney Manor Recreational Park

244156	18 & up	6 Classes	\$90	9/11	W	7:00pm- 8:00pm
244159	18 & up	6 Classes	\$90	9/12	Th	7:00pm- 8:00pm

Wheaton Regional Park

244157	18 & up	6 Classes	\$90	9/11	W	7:00pm- 8:00pm
244158	18 & up	6 Classes	\$90	9/12	Th	7:00pm- 8:00pm

Stroke of the Day (Outdoor)

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Each class covers a different stroke, so sign up for them all to improve your game!

Net Play (Outdoor)

Cabin John Regional Park

243909	18 & up	6 Classes	\$90	9/7	Sa	12:00pm- 1:00pm
244149	18 & up	6 Classes	\$90	9/9	M	7:00pm- 8:00pm

Olney Manor Recreational Park

244150	18 & up	6 Classes	\$90	9/9	M	7:00pm- 8:00pm
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Wheaton Regional Park

244151	18 & up	6 Classes	\$90	9/9	M	7:00pm- 8:00pm
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Serve and Return (Outdoor)

Cabin John Regional Park

244155	18 & up	6 Classes	\$90	9/7	Sa	7:00pm- 8:00pm
244154	18 & up	6 Classes	\$90	9/10	Tu	7:00pm- 8:00pm

Olney Manor Recreational Park

244153	18 & up	6 Classes	\$90	9/10	Tu	7:00pm- 8:00pm
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Wheaton Regional Park

244152	18 & up	6 Classes	\$90	9/10	Tu	7:00pm- 8:00pm
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Outdoor Tennis FYIs

Please bring your own racquets, water, and appropriate footwear. Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time.

Questions? Call us at 301-765-8650.

Park Activity Buildings

PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas



PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Three group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at
ParkPermits.org or call 301-495-2525.



How to register for a **Montgomery Parks Course** or **Program**



BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit www.ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supercede this standard policy.

REGISTRATION INFORMATION

MONTGOMERY COUNTY RECREATION

FOUR WAYS TO REGISTER



RECWEB Online registration at
recweb.montgomerycountymd.gov.



FAX 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



MAIL OR DROP OFF



FULL SERVICE IN PERSON

Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 8:30am-4:30pm

PAYMENT INFORMATION

Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.

Non-county residents must pay an additional \$15.00 per participant per activity.

Make checks and money orders payable to MCR. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

The next opportunity to apply for financial assistance is November/December, 2013; however, it will not be available to use until January 1, 2013. Financial assistance will then be available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per the program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Cancellation Policy: Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCR scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCR program message line is 240-777-6889. This recording will be updated regarding cancellations for MCR classes, activities and sports programs.



RECREATION REGISTRATION FORM

MAIN CONTACT (18 YEARS +)

Last Name _____ First Name _____
Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
Street Address _____ City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact)

Last Name _____ First Name _____ ☐ Please check if this
Home Phone _____ Email _____ is a new address/
Street Address _____ City _____ State _____ ZIP _____ phone/email.

PARTICIPANT'S NAME (Last, First)

Birth Date
(mm/dd/yyyy)

Gender
(M/F)

Title

CLASS/ACTIVITY
Number

Location

Fee

☐ Check or Money Order (payable to MCR)

☐ VISA ☐ MasterCard

Non-County Residents include an additional \$15 per participant, per activity.

Cardholder Name (print) _____ Number _____ Exp. _____

Program Fee Total

Signature _____ Date _____

Mail to: MCR, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902
For registration assistance, please call (240) 777-6840.

FAX to: (240) 777-6818 (Credit Card Payment Only)

Online: recweb.montgomerycountymd.gov

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way the County desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



PARKS REGISTRATION FORM

MAIN CONTACT

Last Name _____ First Name _____
Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
Street Address _____ City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name _____ First Name _____ ☐ Please check if this
Home Phone _____ Email _____ is a new address/
Street Address _____ City _____ State _____ ZIP _____ phone/email.

PARTICIPANT'S NAME (Last, First)

Birth Date
(mm/dd/yyyy)

Gender
(M/F)

Title

CLASS/ACTIVITY
Number

Location

Fee

Program Fee Total

Save time and money! Register online at ParkPASS.org. To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit www.MontgomeryParks.org for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way Montgomery Parks/M-NCPPC desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, MD 20902

PRSRT STD
US Postage Paid
Rockville, MD
Permit No.138

or current resident

Halloween in the Parks



Not • So • Scary

**YOU
DECIDE...**



Very Scary

"Eye Spy" Halloween Train

Cabin John Regional Park

Great for younger kids (under 8)

- **"Eye Spy" cards for the kids**
"Spy" items in the woods as you ride the train!
- **Halloween Movies & Activities**

Haunted Train & CREEPY CAROUSEL

Wheaton Regional Park

Best for older children (8 and up)

- **Very scary** sights, sounds and creatures!
- **Scary Movies** • Refreshments for sale

Both trains run (weather permitting)...

Sat. & Sun., October 12 & 13 and 19 & 20
Thursday-Wednesday, October 24-30

Wheaton runs 6-9pm each scheduled night
Cabin John runs 3-8pm M-F; 1-8pm Sat. & Sun.

\$5.00 and a canned food donation
per person covers all attractions
Children under 2 free with a paying adult.

Get your tickets online at
ParkPASS.org! Look in "Special Events"

Sponsored by
WASHINGTON
Parent
www.washingtonparent.com

Your canned food donations
benefit Manna Food

7410 Tuckerman Lane | Rockville, MD
301-765-8670 • **CabinJohnTrain.com**



Your canned food donations benefit
Metropolitan United Ministries

2002 Shorefield Road | Wheaton, MD
301-942-6703 • **WheatonTrainandCarousel.com**